

**1 JULY 1999**



**Medical Command**

**THE WEIGHT AND BODY FAT  
MANAGEMENT PROGRAM**

**COMPLIANCE WITH THIS PUBLICATION IS MANDATORY**

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This instruction establishes how to administer the Weight and Body Fat Management Program (WBFMP), measure body fat, update the personnel data system, and destroy weight management program documents. This instruction applies to all active duty (officer and enlisted) Air Force, Air National Guard members who are under provisions of Title 10, United States Code, and participating Air Force Reserve. It implements Air Force Policy Directive (AFPD) 40-5, *Fitness and Weight Management*, dated 20 May 1994, Department of Defense Instruction (DoDI) 1308.3, *DoD Physical Fitness and Body Fat Programs* dated 30 Aug 95, DoDD 1308.1, *DoD Physical Fitness and Body Fat Program*, dated 20 Jul 95, and requires collecting and maintaining information protected by the Privacy Act of 1974. The authority to collect and maintain the records prescribed by this instruction derives from Title 10, United States Code, Section 8013 and Executive Order 9397. The System of Records Notice 044 AFPC A, *Individual Weight Management File*, applies to this instruction. Refer to attachment 1 for the glossary. Process supplements that affect any military personnel function as shown in Air Force Instruction (AFI) 33-360, Volume 1, *Publications Management Program*. Send comments and suggested improvements of this AFI on AF Form 847, **Recommendation for Change of Publication**, to the Commanders' Programs Branch (HQ AFPC/DPSFC), 550 C Street West, Suite 37, Randolph AFB TX 78150-4739. The Paperwork Reduction Act of 1974 as amended in 1996 affects this instruction. The Forms Management Program IAW AFI 37-160, Volume 8, *The Air Force Publications and Forms Management Program-Developing and Processing Forms*, affects this instruction.

**SUMMARY OF REVISIONS**

Title of this instruction was changed from "The Weight Management Program" to "The Weight and Body Fat Management Program" (WBFMP); identifies the Gulick tape measure as the only tape measure to use when taking measurements for body fat (paragraph 1); highlights responsibilities for all responsible for the WBFMP (paragraph 2); clarifies in written format and photos on how weight, height, and body fat measurements will be taken (tables 1-4 and figures 1-11); directs the Health and Wellness Center (HAWC) to perform all body fat measurements (paragraph 1.2); directs members identified as over body-

fat to participate in a 3-month exercise and dietary period prior to entry into WSC 6 or 3 which includes no administrative actions during that 90-day period (paragraph 8); eliminates the 1-Year Probation Period Weight Status Code (WSC 7) (paragraph 23.1); clarifies the WBFMP phases and medical deferrals (paragraph 17.1); includes promotion actions for members in the WBFMP (paragraph 7 and 8); includes procedures during contingency and mobilization operations (paragraph 19); extends body fat standard adjustments from 6 months to 12 months (paragraph 13); expands the WBFMP overview, includes the Body Fat Percentage Tables for Males and Females, and the Maximum Allowable Weight (MAW) Table (attachments 3, 4, and 5); identifies when to have weight scales calibrated (table 1) and establishes a transition period into the new program (paragraph 23).

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## **1. Measurement Technique, Procedure, and Tape Measure :**

1.1. The circumferential measurement technique (tape measurement) is the only acceptable method authorized by DoD for determining body fat percentage. Hydrostatic weighing, calipers, infrared measurements, etc., are not authorized measurement techniques for the Weight and Body Fat Management Program.

1.2. Height and weight measures (table 1) will be accomplished at the unit level. All official body fat measurements, when required, must be conducted within the HAWC with oversight by the Health Promotion Manager (HPM). Fitness Center staff will augment the HAWC, not to exceed 2 hours per week in taking body fat measurements.

1.2.1. The body fat measurement will be provided to the unit commander on the AF Form 108 as annotated by the HAWC staff. The unit commander is responsible for the administration and personnel actions of the program.

1.2.1.1. The HPM will ensure an exercise and dietary education program is developed and available for all members to assist with weight and body fat control.

1.3. Units, without access to a HAWC (within 30 miles), will have body fat measurements and exercise and dietary education programs accomplished by medical personnel (e.g. Independent Duty Medical Technician, medical provider at nearest Air Force Medical Treatment Facility, etc) responsible for other aspects of the units' health and medical care.

1.3.1. Commanders of Geographically Separated Units may delay or waive the program requirements if limited facilities, equipment, or geographical location and conditions prevent people from completing all aspects of the WBFMP. Document any delay or waiver on the AF Form 393, **Individual Record for Weight Management and Fitness Improvement Training Programs**, and notify parent MAJCOM.

1.4. Installations will use the Gulick tape measure only. The Gulick tape measure can be obtained through local purchase. Personnel accomplishing body fat measurements will have 90 days from the date of this instruction to transition from the current standard tape measure to the Gulick tape measure.

## 2. Responsibilities:

2.1. The Installation Commander will:

2.1.1. Manage the WBFMP.

2.1.2. Ensure all personnel accomplish, as a minimum, an annual height and weight check for the record.

2.1.3. Ensure appropriate staff, facilities, equipment, resources, and funds to establish and maintain the WBFMP.

2.1.4. Ensure all body fat measurements when directed are conducted within the HAWC under the observation/supervision of the appropriate medical staff.

2.1.5. Serve as final authority for body fat standard adjustments and retention, discharge, or separation actions on members with their fourth and subsequent failures in the WBFMP.

2.1.6. Serve as final authority for temporary medical deferrals exceeding 1 year.

2.2. The Military Personnel Flight (MPF) Commander will:

2.2.1. Appoint an installation WBFMP manager from the MPF. Members in the WBFMP can not be appointed as WBFMP managers.

2.2.2. Ensure the WBFMP provides procedural guidance and conducts Staff Assistance Visits (SAV) to all supported units on an annual basis.

2.3. The Installation WBFMP Manager will:

2.3.1. Provide procedural guidance to all supported units on the WBFMP.

2.3.2. Update the Personnel Data System (PDS) for units without PC III capability. For assigned/attached individual reservists, HQ ARPC/DRSP will accomplish these updates.

2.3.3. Conduct SAVs for each base squadron at least once a year to ensure compliance and standardization.

2.3.4. Comply with other guidance as prescribed by the installation or MPF commander.

2.3.5. Publicize WBFMP requirements via base bulletins, newspapers, commander's calls etc., on a recurring basis.

2.4. The Medical Group Commander (MDG/CC) or equivalent will:

2.4.1. Provide appropriate medical staff to support the body fat measurement, dietary, and exercise education components of the WBFMP for the base population.

2.4.2. Appoint the Health Promotion Manager to oversee the administration of commander directed body fat measurements in the HAWC, and to oversee the execution of the exercise and dietary education portions of the WBFMP for the base population.

2.4.3. Appoint a medical provider to conduct a complete and concise medical evaluation using the member's medical records and medical history.

2.4.4. Ensure the medical evaluation and initial exercise and dietary education are conducted within 15 duty days from the date a member is identified as over body fat by the unit commander.

2.4.4.1. Medical evaluations and exercise and dietary education for individual reservists will be conducted prior to the end of Active Duty for Training (ADT) or Inactive Duty for Training (IDT) whichever is applicable.

2.5. The Health Promotion Manager (HPM) will:

2.5.1. Ensure appropriate staff is trained and available to conduct official body fat measurements (Tables 2 - 3, figures 1-11) for any member so directed by their unit commander.

2.5.1.1. Ensure flexible times are available and scheduled for taking official body fat measurements. Works continuously with the unit commander and unit WBFMP managers to ensure all body fat measurements are taken on the appropriate dates.

2.5.1.2. Ensure proper annotation of the body fat measurements onto the AF Form 108, **Weight and Body Fat Processing**.

2.5.2. Be responsible for establishing an exercise and dietary education program at the HAWC.

2.5.2.1. Oversee execution of the exercise and dietary education portions of the WBFMP and provides every member identified as over body fat by their unit commander with appropriate exercise and dietary education.

2.5.2.2. The dietary education program will be approved by the MAJCOM Consultant Dietitian and conducted by a dietitian, nutritional medicine technician, or other medical staff member authorized to provide nutrition counseling IAW AFI 44-135, *Clinical Dietetics*, paragraph 7.3.

2.5.2.3. The dietary education program must be consistent with AFMAN 44-135 and AFPAM 44-132, *Dietary Information for Weight Loss*, or AF approved substitute.

2.5.2.4. The exercise education program should be conducted by the Fitness Program Manager (FPM) or other HAWC staff member identified by the HPM.

2.5.2.5. Provide scientifically based exercise and dietary information/education to all personnel and publicize these programs via base bulletins, newspapers, commanders' calls etc.

2.6. The Medical Provider will:

2.6.1. Ensure a complete and concise medical evaluation is conducted using the member's medical records and medical history.

2.6.1.1. Contact HQ ARPC/SGSR for individual reservists. Upon request, a copy of an individual reservist's last physical and any other applicable source documents will be sent to the MTF for review.

2.6.2. Ensure a member's AF Form 108 is annotated as medically or not medically cleared to enter the 3-Month Exercise and Dietary Period and the WBFMP.

2.6.2.1. In order to be medically cleared, a member must have no medical reason that would preclude the required weight loss of 3 pounds for females, or 5 pounds for males, or 1 percent body fat per month in a safe and healthy manner.

2.6.3. Provide the installation commander a written recommendation on all requests for body fat standard adjustments.

2.6.4. Annotate on the AF Form 422, *Physical Profile Serial Report*, when recommending a medical deferral or exemption from the WBFMP. The AF Form 422 in itself, without a recommendation, does not automatically warrant a medical deferral or exemption from the WBFMP by the unit commander.

**NOTE:**

First, the unit commander upon recommendation by the medical provider approves medical deferrals or exemptions from the WBFMP. Second, when recommending an exemption from the WBFMP, the medical provider will explain how long the exemption is for (i.e., recommend an exemption from the WBFMP for the period of 1 Dec 98 - 1 Jun 99). Third, personnel cannot be enrolled in the 3-Month Exercise and Dietary Period and the WBFMP unless they are medically cleared.

2.7. The Unit Commander will:

2.7.1. Ensure the administration of the WBFMP for all assigned personnel.

2.7.2. Grant individual exemptions from the WBFMP due to medical reasons only. Exemptions are for members not currently enrolled in the WBFMP (e.g., Members will be exempt from the WBFMP if during the medical evaluation a member is found to have a medical reason which prevents them from losing the required monthly weight or body fat in a safe and healthy manner.)

2.7.3. Establish procedures to send members that require a body fat measurement as specified in paragraph 4 on this instruction to the HAWC to have their body fat measurements taken and annotated on the Air Force Form 108.

2.7.3.1. The body fat measurements will be taken within two duty days from the date notified of the requirement by the unit commander.

2.7.4. Establish procedures to enroll members identified as over body fat and monitor them in the 3-Month Exercise and Dietary Period, and refers the member to the HAWC for exercise and dietary education.

2.7.4.1. Geographically separated units without access to a HAWC, will work with the Medical Provider for the WBFMP or other medical personnel, MAJCOM Consultant Dietitian, and local fitness personnel in establishing a similar 3-Month Exercise and Dietary Period that includes exercise and dietary education.

2.7.4.2. Individual reservists will be counseled and given written guidance on proper exercise and diet prior to end of ADT or IDT.

2.7.5. Encourage all personnel to follow an active conditioning program and proper healthy eating guidelines.

2.7.6. Inform the MPF by sending them a copy of the AF Form 108 when individuals enter and leave the WBFMP or undergo a change of status for non-PC-III configured units. Inform HQ ARPC/DRSP of all changes on assigned/attached individual reservists.

2.7.7. At PC-III units, the commander will ensure the unit WBFMP manager updates the appropriate Weight Status Code (WSC) reflected on the AF Form 108 into the PDS. WBFMP manager forwards all AF Forms 108 to HQ ARPC/DRSP for update on assigned/attached individual reservists.

2.7.8. Mail the WBFMP case file to the gaining commander within 5 duty days after the member departs PCS or PCA.

2.7.9. Reschedule weight and body fat measurement for females based on their menstrual cycles for 3 calendar days before the cycle or the next duty day after the end of the cycle.

2.7.10. For individual reservists, the unit of assignment commander has the overall responsibility for the WBFMP. The unit of attachment commander will perform the following functions:

2.7.10.1. Monitor the member's body fat percentage.

2.7.10.2. Ensure unit of assignment is informed of all actions taken under the WBFMP.

2.7.10.3. Upon identifying the over body fat individual, schedule the member for a medical evaluation and exercise and dietary education.

2.7.10.4. Enter the member into the WBFMP by completing an AF Form 108 and forwarding a copy to HQ ARPC/DRSP for update.

2.7.10.5. If the unit of assignment and attachment are the same, the commander will perform all functions as listed above.

2.7.10.6. The senior official will ensure the functions in this paragraph are accomplished for individual reservists who are assigned and/or attached to non-Air Force activities and/or do not train with active ANG/AFRES/AD units. This includes Army, Navy, Civil Air Patrol Reserve Assistance Program, and USAF Admissions Liaison Program.

2.8. Unit WBFMP Managers will:

2.8.1. Monitor the WBFMP program as directed by the unit commander.

2.8.2. Take weight and height measurements (table 1).

2.8.3. Schedule members exceeding their weight requirements with an appointment for a body fat measurement at the HAWC within two duty days from the date they are identified as exceeding the weight requirements.

2.8.4. Schedule an appointment for members identified as over body fat by the unit commander with the MTF for the medical evaluation and the HAWC for exercise and dietary education no more than 15 duty days from the date a member is identified as over body fat. Schedules individual reservists prior to end of ADT or IDT.

2.8.5. Schedule a monthly appointment at the HAWC for members in Phase I and II to have their body fat measurements taken.

2.8.5.1. Work continually with the HAWC in scheduling the monthly body fat measurements for members in the Phase I and II to ensure they are measured on the appropriate date. Refer to the "Terms" section of this instruction for the term "monthly".

2.8.6. Notify the HAWC at least two weeks in advance of any upcoming 'mass' or annual unit weigh-ins.

2.8.7. Ensure units without access to a HAWC, will have body fat measurements performed by medical personnel responsible for other aspects of the unit's health and medical care. Training for these personnel should be conducted by the HAWC staff at the nearest HAWC, under the direction of the HPM.

2.8.8. Update the appropriate Weight Status Code (WSC) reflected on the AF Form 108 into the PDS. Forward AF Forms 108 to HQ ARPC/DRSP for update on assigned/attached individual reservists.

**NOTE:**

First, military members in the WBFMP cannot be appointed as unit WBFMP managers. Second, body fat measurements must be taken by personnel of the same sex and weight and height measurements can be taken by personnel of either sex.

2.9. The fitness staff will:

2.9.1. Augment the HAWC to assist in taking body fat measurements.

2.9.2. Fitness Center directors must designate 2-3 members of their staff to augment the HAWC staff, to assist with official body fat measurements conducted in the HAWC in support of the Weight and Body Fat Management Program.

Augmentation duties should not exceed two man-hours per week.

The HPM will coordinate dates and times for augmentation with the Services Combat Support Flight commander.

2.9.3. Should the requirement for augmentation exceed two man-hours per week, the HPM and Services Combat Support Flight commander will work together to determine if additional support can be provided without degrading fitness center mission capability.

2.9.4. The augmentation times should be scheduled at the same time every week, if possible, to ease fitness center manpower scheduling.



2.9.5. The HPM will ensure all services augmentees are properly trained on body fat measurement procedures.

2.10. Supervisors: Support the WBFMP and provide motivational support to subordinates.

### **3. Weight Measurements will be Administered:**

3.1. On randomly selected personnel once a month on an irregular schedule. Phase I WBFMP participants will not be measured randomly.

3.2. On all personnel at least once a year.

3.3. On official notification of a Permanent Change of Station (PCS). A follow-up weight measurement will be taken 60 days prior to the member's projected departure date. For short notice assignments (60 days or less notice), take the weight measurements upon official notification of the PCS.

3.4. Prior to processing personnel for promotion. Unit commanders will determine when the weight measurements will be taken prior to personnel being promoted.

3.5. Prior to reenlistment. Unit commanders will determine when the weight measurements will be taken prior to personnel reenlisting.

3.6. On official notification of a TDY or PCS with TDY en route to attend technical training courses regardless of the number of days of the TDY.

3.7. On official notification of TDY of 29 days or more. Unit commanders may impose weight measurements on TDYs of 28 days and less.

3.8. On members selected for a TDY or PCS with TDY en route to attend officer or enlisted PME (i.e., Squadron Officer's School (OTS), Intermediate Service School (ISS), Senior Service School (SSS), Airman Leadership School (ALS), NCO Academy (NCOA), and Senior NCO Academy (SNCOA)). Members will be administered these measurements no earlier than 30 and not later than 10 calendar days prior to their projected departure date.

3.9. On members selected for Basic Officer Training School (BOTS). Members will be administered these measurements no earlier than 30 and not later than 10 calendar days prior to their projected departure date.

3.10. When directed by the unit commander.

#### **NOTE:**

First, student members departing PCS from an technical training course with less than 12 months on station are waived from being administered the weight measurements unless they are randomly selected or by unit commander direction. Second, members enrolled in Phase I, WSC 2 (Unsatisfactory Progress) are ineligible for PCS except for mandatory moves. Third, the member's unit commander will determine TDY eligibility. Unit commanders and supervisors should ensure personnel going TDY present a professional military appearance. Fourth, members in the WBFMP and departing on a TDY for 29 days or more will hand-carry a copy of their WBFMP case file to the TDY unit commander (see paragraph 19 for Contingency and Mobilization Operations procedures). The TDY unit commander will be responsible for administering the monthly weight measurements and to have the HAWC take the body fat measurements. Fifth, students attending PME or BOTS will hand-carry a memorandum from the unit commander (or designated representative) to the Commander, Commandant, or Flight Chief, stating the member was

weighed prior to departing and certifying the member was within weight standards. Students not within weight standards must have certification that they are within the Air Force body fat standards. Students taking leave en route to PME or BOTS are responsible for maintaining their weight and body fat standards. Sixth, PME facility personnel will weigh students reporting to the PME or BOTS location without a weight certification memorandum. The local HAWC personnel will take the body fat measurements on members not meeting the Air Force weight standards. Those members not meeting Air Force body fat standards will be returned to their home station at the parent unit's expense—this does not include personnel who exceed their weight requirements, but meet the Air Force body fat standards. Seventh, officer and enlisted members in Phase I of the WBFMP are ineligible to attend PME and BOTS.

**Table 1. Procedures for Measuring Weight and Height for Males and Females.**

<b>WEIGHT MEASUREMENTS:</b>	Take weight measures before 1000 hours or as early in the shift as reasonably possible for shift workers. Clothing Worn: Members will be weighed in any uniform or gym clothing. Shoes will be removed and pockets will be emptied. Any extraneous equipment or outer clothing will be removed. When the BDU is worn, the BDU shirt may not be removed.
	While the individual is standing still, read the measurement while standing directly in front or behind the scale, if possible. Scales will be calibrated every 12 to 15 months. (Reference AFTO 33K-6-4-285-1, <i>Calibration Procedures</i> ). Movement of scales should be avoided and the scales will be placed on a non-carpeted surface or plexiglass. Digital read out scales may be used if they can be calibrated.
	Record the weight to the nearest quarter-pound and subtract 3 pounds for any uniform combination or 2 pounds for gym clothing worn.
	Display AFVA 40-503, <b>United States Air Force Maximum Allowable Weight (MAW) Table</b> , near the scales.
<b>HEIGHT MEASUREMENTS:</b>	Take height measurements before 1000 hours or as early in the shift as reasonably possible for shift workers. The same height measurement taken upon enrollment into the 3-Month Exercise and Dietary period may be used throughout the member's tenure in the WBFMP.
	Use the back-to-hard surface method. Use a properly calibrated index marked off in quarter inch increments mounted or placed on a firm vertical surface (i.e., wall). Take measurements against this index using a device with a true 90-degree angle (e.g., a drafting triangle or a bubble level) to ensure accurate measurement.
	Measure members with their shoes off, on a non-carpeted floor or a hard surface fixture (e.g., Plexiglas or aluminum plate) and facing the person measuring them. Ensure their heels are together, their backs straight, and the member's line of sight is horizontal.

	The measuring device will come to a rest lightly on the crown of the head. Hairstyles must not impede the measuring device from resting lightly on the crown of the head. Read the measurement directly in front of the device, not at an angle from the side. Round the member's height up to the nearest quarter-inch when determining the interpolated weight (AFVA 40-503). Round the measurement up to the nearest half-inch when determining body fat.
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#### **4. Body Fat Measurements will be Administered When a Member:**

- 4.1. Exceeds maximum allowable weight.
- 4.2. Appears to exceed Air Force body fat standards.
- 4.3. Does not present a professional military appearance.
- 4.4. When directed by the unit commander.

#### **5. AETC Technical Training Actions:**

- 5.1. Unit Commanders and supervisors should ensure personnel attending technical training present a professional military appearance. Members are ineligible to attend technical training if making unsatisfactory progress (WSC 2) in the WBFMP.
- 5.2. Technical training schools are not required to weigh or measure students upon their arrival. However, if a member is weighed at the TDY commander's discretion and is identified as overweight, the individual will be directed to have a body fat measurement accomplished by the nearest HAWC. TDY commanders will notify parent-unit commanders of any members who exceed the standards but are not in the WBFMP. Initial entry into the WBFMP can be at either the member's home unit or TDY location. Initial entry at the TDY location will only be when the TDY is 29 days or more and the member is medically qualified to enter the WBFMP. For TDYs less than 29 days, the home unit will accomplish WBFMP actions upon the return of the member concerned.
- 5.3. Members in the WBFMP (other than in WSC 2) departing on a TDY for 29 days or more will hand carry a copy of their WBFMP case file to the TDY unit commander. The TDY commander will be responsible for taking the monthly weight measurements and the HAWC staff will take the body fat measurements. If an individual makes unsatisfactory progress while TDY, the TDY commander will advise the parent commander before taking administrative actions. If a demotion or discharge/separation is decided upon by the parent commander, return member to their home station at the parent unit's expense.
- 5.4. Over body fat flying training students are governed by AETCI 36-2205, *Flying Training Student Administration and Management*.
- 5.5. Over fat basic military trainees are governed by 737 TRG Instruction 36-3, *Basic Military Training*.

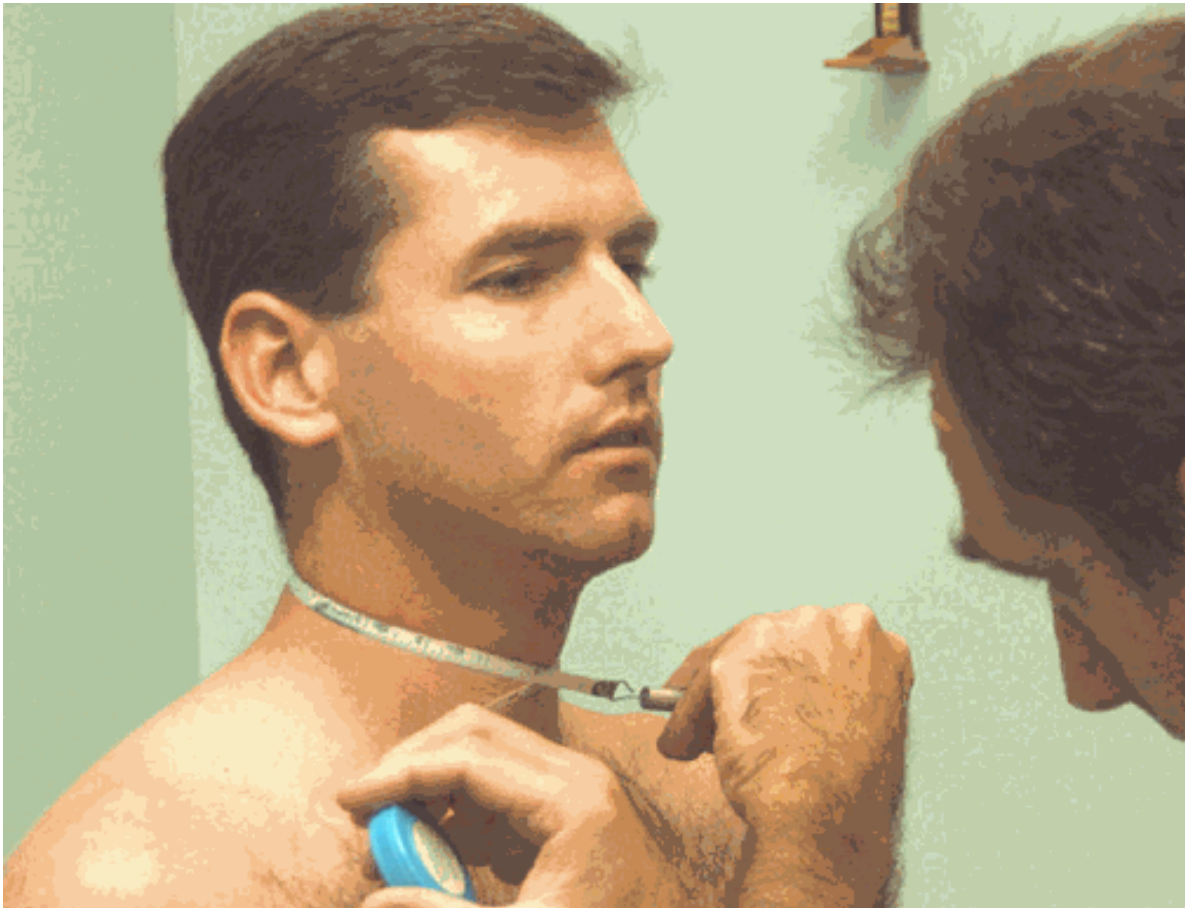
**Table 2. Procedures for measuring body fat for males (see notes).**

<b>NECK:</b>	With the member looking straight ahead and shoulders down (not hunched), measure the neck circumference at a point just below the larynx (Adams Apple). Because of the shape of the neck, the tape will usually be inclined down slightly toward the front similar to the shirt collar line. This incline will vary depending on where the larynx is located. <b>Round the neck measurement up to the nearest quarter inch.</b>
<b>ABDOMEN:</b>	With the member standing with arms at his sides and at the end of a normal relaxed exhalation, measure the abdominal circumference at the navel while keeping the tape level (horizontal) to the floor. Ensure the tape measure is horizontal all the way around the abdomen. <b>Round the abdomen measurement down to the nearest quarter inch.</b>
<b>BODY FAT PERCENTAGE DETERMINATION:</b>	Determine the individual's body fat percentage by: Subtracting the neck measurement from the abdominal measurement to determine the circumference value. Use the menu in PC-III or the Body Fat Percent Tables for Men and Women for those units without PC-III and compare this value to the individual's height measurement.

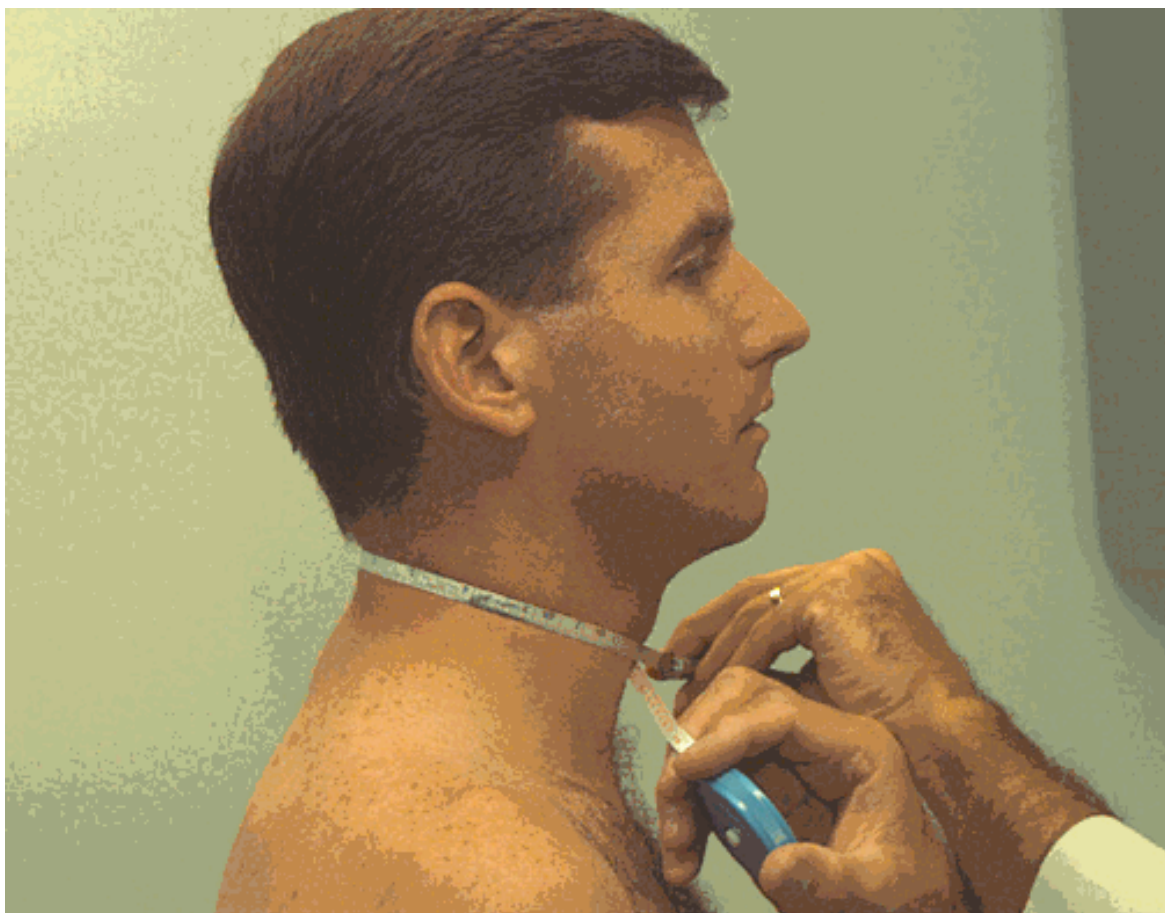
**NOTES:**

1. Measurements for weight and body fat should be taken in a private room or in a partitioned area away from the general flow of customers. Representatives of the same sex will take body fat measurements.
2. Use only a Gulick tape measure. No other measurement technique is authorized for the WBFMP.
3. The same height measurement taken upon enrollment into the 3-Month Exercise and Dietary Period may be used throughout the member's tenure in the WBFMP.
4. Clothing Worn. Members being measured for body fat may wear nonrestrictive gym clothing or any military uniform.
  - a. Neck and abdomen measurements will be taken on bare skin. When taking the neck measurement in the service uniform, ensure the tie is not worn.
  - b. When taking the abdomen measurement in any uniform, ensure the waist on pants is loosened as not to push up any skin.

**Figure 1. Male Neck Measurement (Front View).**



**Figure 2. Male Neck Measurement (Side View).**



**Figure 3. Male Waist Measurement (Frontal View).**



**Figure 4. Male Waist Measurement (Side View).**

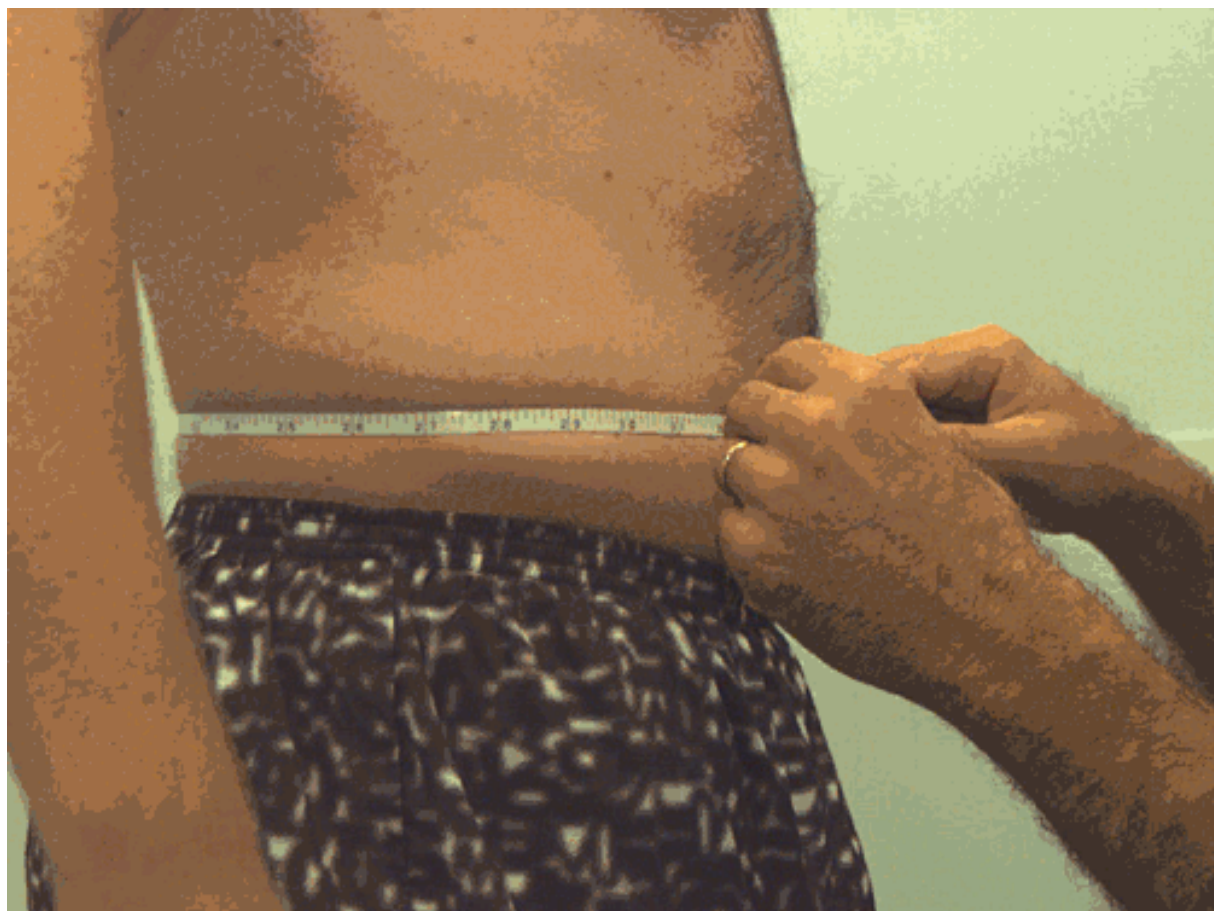




Figure 5. Male Waist Measurement (Back View).



Table 3. Procedures for Measuring Body Fat for Females (see notes).

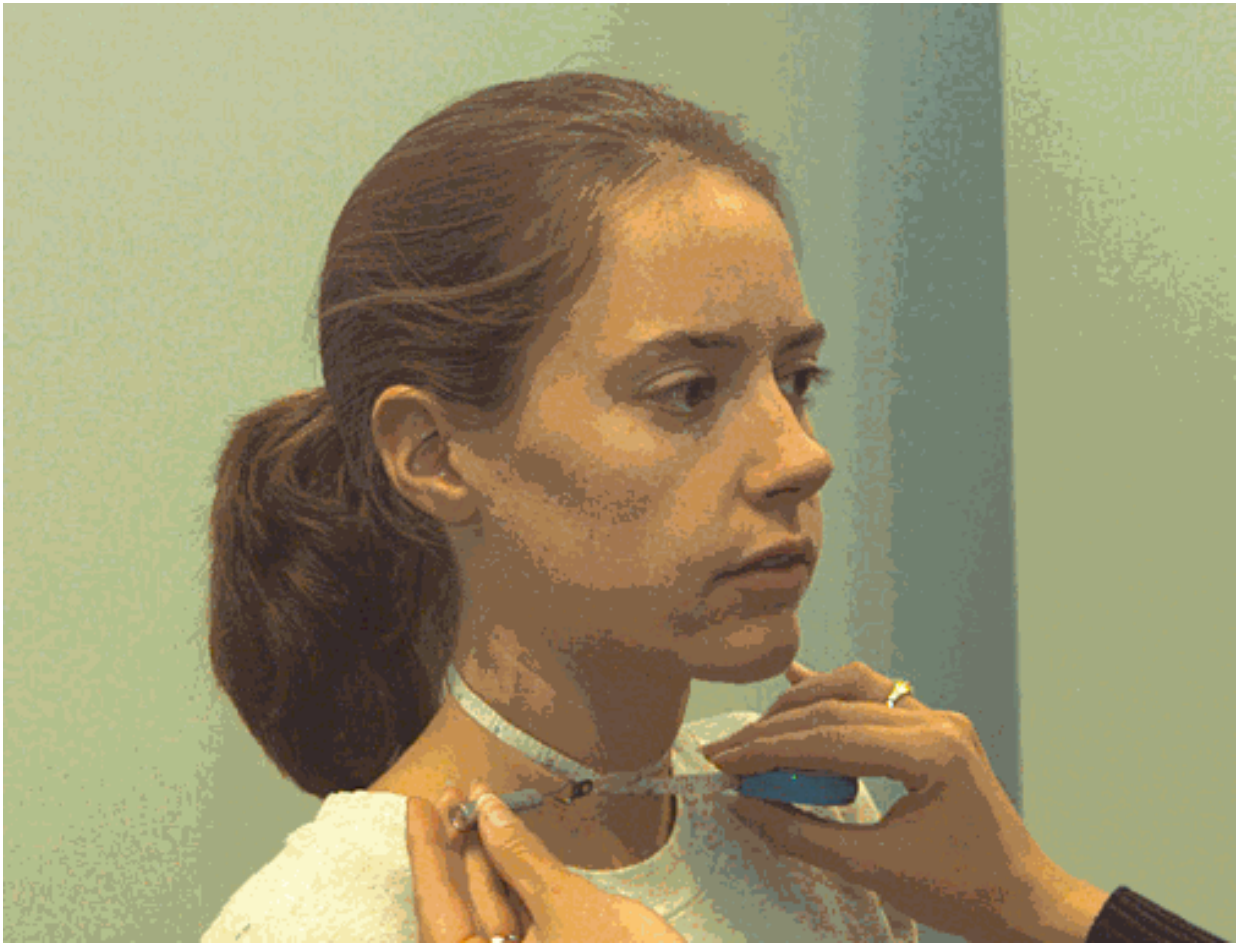
<b>NECK:</b>	With the member looking straight ahead and shoulders down (not hunched), measure the neck circumference at a point just below the larynx. Because of the shape of the neck, the tape will usually be inclined down slightly toward the front similar to the shirt collar line. This incline will vary depending on where the larynx is located. <b>Round the neck measurement up to the nearest quarter inch.</b>
<b>WAIST:</b>	With the member standing with arms at her sides and at the end of a normal relaxed exhalation, measure the natural waist circumference. Ensure the tape measure is horizontal all the way around the waist. The natural waist circumference is the narrowest point, usually located about half way between the navel and the lower end of the sternum (breastbone). When it is not easy to distinguish the narrowest point, take several measurements and use the smallest measurement. <b>Round the waist measurement down to the nearest quarter inch.</b>

<b>BUTTOCKS:</b>	While facing the member's right side, and with the tape measure level (horizontal) to the floor, measure the buttocks circumference by placing the tape (ensure the tape measure is horizontal all the way around) so it passes over the buttocks at the point that protrudes the farthest. <b>EXCEPTION:</b> Ensure no part of the leg or thigh is a part of the measurement. If so, raise the tape measure up (still keeping it horizontal) to the point in which no part of the leg or thigh is a part of the measurement. <b>Round the buttock measurement down to the nearest quarter inch.</b>
<b>BODY FAT PERCENTAGE DETERMINATION:</b>	Determine the individual's body fat percentage by: Adding the waist and buttocks measurements then subtracting the neck measurement from the sum to determine the circumference value. Use the menu in PC-III or the Body Fat Percent Tables for Men and Women for those units without PC-III and compare this value to the individual's height measurement.

**NOTES:**

1. Measurements for weight and body fat should be taken in a private room or in a partitioned area away from the general flow of customers. Representatives of the same sex will take body fat measurements.
  2. Use only a Gulick tape measure. No other measurement technique is authorized for the WBFMP.
  3. The same height measurement taken upon enrollment into the 3-Month Exercise and Dietary Period may be used throughout the member's tenure in the WBFMP.
  4. Clothing Worn. Members being measured for body fat may wear nonrestrictive gym clothing or any military uniform. Lycra or spandex garments can not be worn. Pantyhose (support or nonsupport) and undergarments made of lycra or spandex cannot be worn.
    - a. Neck and waist measurements will be taken on bare skin. When taking the neck measurement in the service uniform, ensure the tie tab is not worn.
    - b. When taking the waist measurement in any uniform, ensure the waist on pants or skirt is loosened as not to push up any skin.
- Take buttocks measurement around the nonrestrictive gym shorts or around the undergarment.

**Figure 6. Female Neck Measurement (Frontal View).**



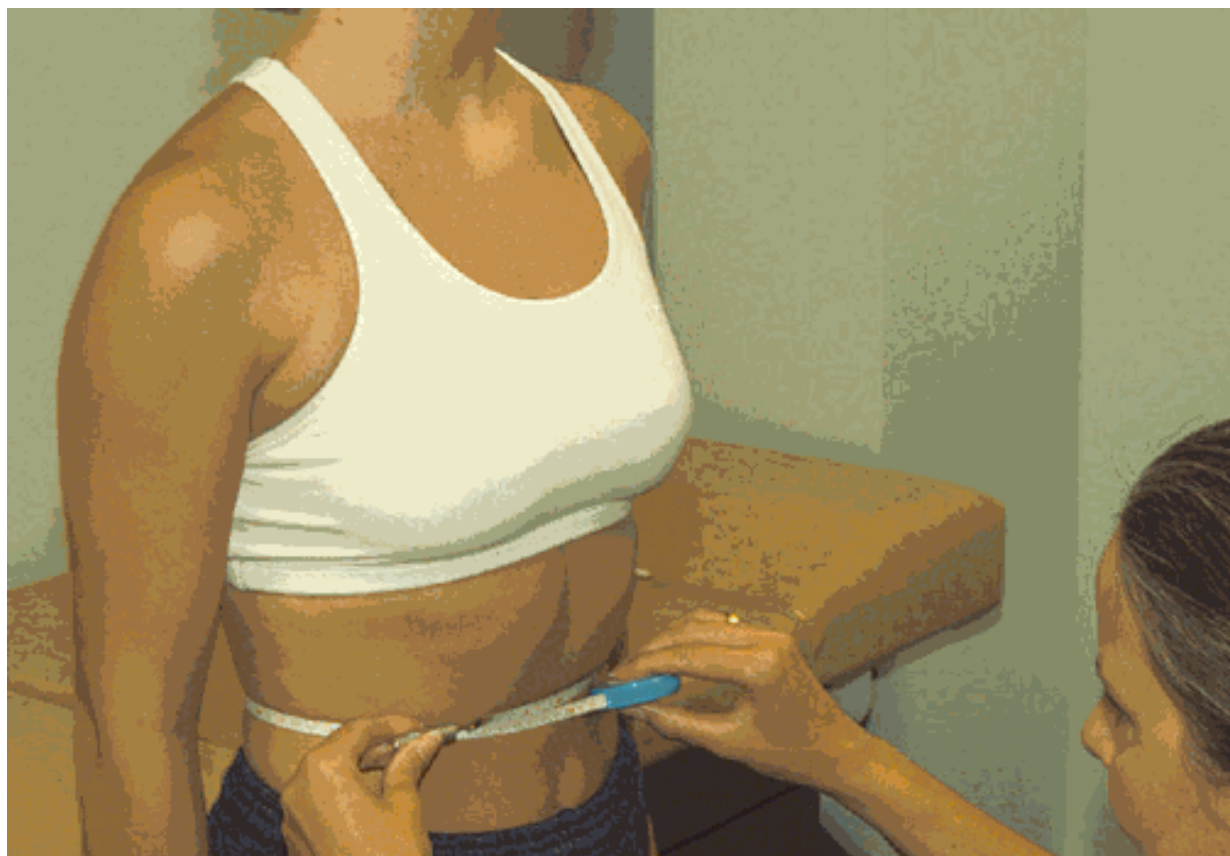
**Figure 7. Female Neck Measurement (Back View).**



**Figure 8. Female Neck Measurement (Side View).**

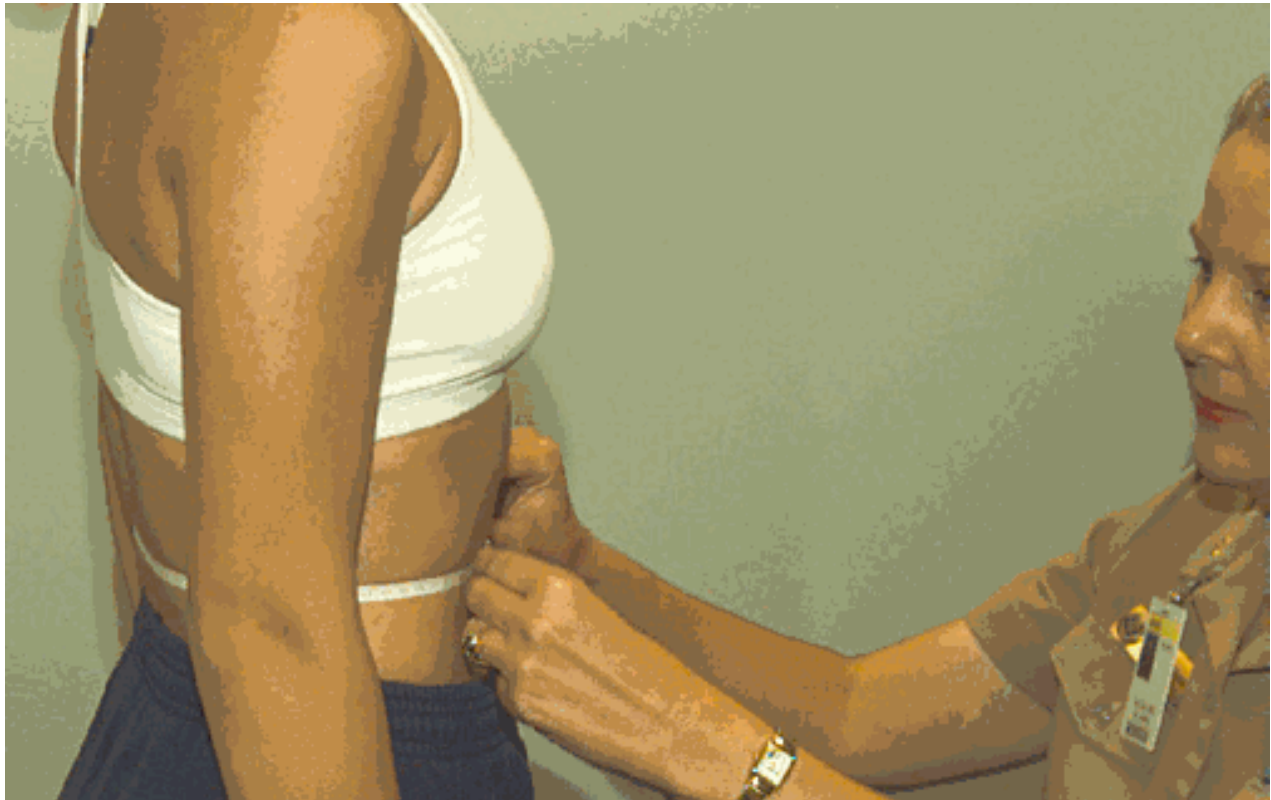


**Figure 9. Female Waist Measurement (Frontal View).**





**Figure 10. Female Waist Measurement (Side View).**



**Figure 11. Female Buttock Measurement (Side View).**



## **6. Reenlistment Actions:**

6.1. Members are ineligible to reenlist (RE code 4J) while serving in Phase I of the WBFMP, including a temporary medical deferral period, and while on the 3-Month Exercise and Dietary Period.

6.2. Successful completion of Phase I does not automatically restore reenlistment eligibility. Unit commanders may remove the reenlistment ineligibility condition, or continue the ineligibility for members in Phase II. The unit commander documents the decision on AF Form 108. If the decision is made to remove RE code 4J, a copy of the AF Form 108 must be forwarded to the MPF Special Actions Unit for update.

6.3. Unit commanders may authorize members in Phase I and the 3-Month Exercise and Dietary Period to extend their enlistments for the minimum number of months needed to meet the standards (i.e., 1 month for every 1 percent of body fat over their maximum body fat standard plus 3 months if in the 3-Month Exercise and Dietary Period). Members in Phase II not recommended for reenlistment by the unit commander must extend in increments of 3 months or less until the unit commander removes the reenlistment ineligibility factor.

6.4. Refer to AFI 36-2606, *Reenlistment In The United States Air Force*, for additional guidance.

## **7. Officer Promotion Actions While in the WBFMP:**



- 7.1. Law governs officer promotions.
- 7.2. Unit or higher level commanders have the authority to withhold a promotion for WBFMP. Unless delayed by the unit or higher level commander, the member will be promoted even if in the WBFMP.
- 7.3. If the promotion is delayed and the delay is terminated, the date of rank will be retroactive to the date the promotion would have taken place.
- 7.4. Unit or higher level commanders can request approval by the Secretary of the Air Force to adjust the officer's date of rank if found to be not qualified for promotion during the period of the delay.
- 7.5. Refer to AFI 36-2501, *Officer Promotions and Selective Continuation*, for additional information.

## **8. Enlisted Promotion Actions While in the WBFMP:**

### **8.1. 3-Month Exercise and Dietary period (WSC 0):**

- 8.1.1. Ineligible to assume the higher grade. (i.e., Members with a promotion line number will be on promotion withhold status during this period.)
- 8.1.2. Eligible to WAPS test or have WAPS test scored.

### **8.2. Phase I (Satisfactory Progress) (WSC 1):**

- 8.2.1. Ineligible to assume the higher grade. (i.e., Members with a promotion line number will be on promotion withhold status during this period.)
- 8.2.2. Eligible to WAPS test or have WAPS test scored.
- 8.2.3. Refer to AFI 36-2502, *Airman Promotion Program*, for additional information.

### **8.3. Phase I (Unsatisfactory Progress) (WSC 2):**

- 8.3.1. Ineligible for promotion.
  - 8.3.1.1. Cannot test; and cannot be considered if already tested.
  - 8.3.1.2. Members with projected promotion will lose the promotion line number. Projected promotions (if already selected under WAPS or fully qualified airman through senior airman) will be canceled (see paragraph 8.4.3.).

### **8.4. Phase II (Observation Period) (WSC 3):**

- 8.4.1. Eligible to assume the higher grade.
- 8.4.2. Eligible to WAPS test, or have WAPS test scored.
- 8.4.3. Installation commanders may approve requests submitted by unit commanders or members that are now in Phase II requesting reinstatement of a promotion sequence number, eligibility to WAPS test, or request the scoring of a WAPS test already taken.
- 8.4.4. Promotions are not retroactive.
- 8.4.5. Refer to AFI 36-2502, *Airman Promotion Program*, for additional information.

### **8.5. Temporary Medical Deferrals (WSC 5): Installation commanders may allow promotion for members in WSC 5 including temporary medical deferrals for pregnancy.**

**9. Assignment Actions While in the WBFMP:**

9.1. Members are ineligible for PCS reassignments if making unsatisfactory progress in the WBFMP. **EXCEPTION:** Members will be allowed to depart PCS on mandatory moves.

9.2. Refer to AFI 36-2110, *Assignments*, for additional information.

9.3. For individual reservists, there must be proof that satisfactory progress is being made in order for the member to participate for pay or points. Individual reservists are authorized Inactive Duty for Training (IDT) (4 hours) every 90 days to be measured for body fat percentage. When in Phase I of the WBFMP members are ineligible for any assignment actions, to assume higher grade, or for any similar career actions.

**10. Retraining Actions While in the WBFMP:**

10.1. Members in the 3-Month Exercise and Dietary Period and Phase I, WSC 1, 2, 5, and 6, are ineligible to apply for voluntary retraining. Members with an approved retraining prior to being enrolled in the WBFMP are eligible to retrain unless they are in Phase 1, WSC 2 (Unsatisfactory Progress).

10.2. Refer to AFI 36-2626, *Airman Retraining Program*, for additional information.

**11. The Air Force Body Fat Standard.**

11.1. These are the Air Force's maximum body fat standards:

11.1.1. Twenty percent (20%) for men 29 years old and younger.

11.1.2. Twenty-four percent (24%) for men 30 years old and older.

11.1.3. Twenty-eight percent (28%) for women 29 years old and younger.

11.1.4. Thirty-two percent (32%) for women 30 years old and older.

**12. Weight Status Codes (WSC):**

12.1. The unit commander and unit WBFMP manager use the following WSCs to track which phase of the WBFMP an individual is currently in:

12.1.1. WSC 0 - 3-Month Exercise and Dietary Period (see note 1).

12.1.2. WSC 1 - Satisfactory Progress (Phase I) (see note 2).

12.1.3. WSC 2 - Unsatisfactory Progress (Phase I) (see note 3).

12.1.4. WSC 3 - 6-Month Observation Period (Phase II) (refer to paragraph 14.4).

12.1.5. WSC 4 - Body Fat Standard Adjustment (refer to paragraph 13).

12.1.6. WSC 5 - Temporary Medical Deferral (Phase I) (refer to paragraph 17).

12.1.7. WSC 6 - Initial Entry (Phase I) (refer to paragraph 14.3).

**NOTE:**

At the end of the 3-month exercise and dietary period, members will be placed in either code WSC 6 or WSC 3. Refer to Paragraph 14.2 for additional information. Second, Satisfactory Progress--A change in body fat composition or weight while in Phase I as specified in AFD 40-5, Fitness and Weight Manage-

ment, that results in a decrease of at least 1 percent in body fat per month or a weight loss of 3 pounds per month for women or 5 pounds per month for men. PDS code: WSC 1. Third, Unsatisfactory Progress--Failure to reduce body fat or weight at the rates described for satisfactory progress while in Phase I or an increase in body fat resulting in an individual exceeding body fat standards while in Phase II. PDS code: WSC 2.

### **13. Processing Body Fat Standard Adjustments:**

13.1. The unit commander may consider members for an upward body fat standard adjustment if the member is identified as over the body fat limits according to the body fat percent charts in PC-III, but otherwise presents a professional military appearance. Only increases to the body fat percentage will be considered and the requested adjustment will not exceed the body fat percentage at which the member is measured.

13.1.1. To assess whether an individual should receive a body fat standard adjustment, the unit commander:

13.1.2. Refers the individual to the MTF WBFMP medical provider for a medical recommendation for the body fat standard adjustment.

13.1.3. Sends the request for the body fat standard adjustment and the medical recommendation to the installation commander for approval/disapproval.

13.2. Installation commanders approve upward body fat standard adjustments for 12-month periods only.

13.2.1. Unit commanders wanting to submit considerations for renewal or continuation of the body fat standard adjustment will submit them with a medical recommendation attached to the installation commander on the 11th month of the current adjustment period.

13.3. The unit WBFMP manager updates these PDS codes for individuals who receive approved body fat standard adjustments or forwards AF Forms 108 on individual reservists to HQ ARPC/DRSP for update.

13.3.1. WSC 4 for individuals not currently entered in the WBFMP (e.g., member is identified as over body fat, but is granted a body fat standard adjustment by the installation commander in lieu of being enrolled in the WBFMP).

13.3.2. WSC 3 for individuals currently in Phase I of the WBFMP.

13.4. At the end of the body fat standard adjustment period (if not extended), the WBFMP manager will:

13.4.1. Take a weight measurement and record the measurement on the AF Form 108.

13.4.2. Request a body fat measurement to be taken at the HAWC. A member of the HAWC staff will take the body fat measurements and annotate the AF Form 108. The member will handcarry the AF Form 108 to the Command Support Staff.

13.4.3. For members in the WBFMP with a body fat standard adjustment code of WSC 3, update as WSC 1 if not meeting the Air Force body fat standards or WSC 3 if member is meeting the body fat standards. The WSC 1 is used to establish a new weight and body fat base line for members not within Air Force body fat standards.

13.4.4. For members not in the WBFMP with a body fat standard adjustment code of WSC 4: (1) Remove WSC 4 if meeting body fat standards. (2) For members not meeting the body fat standards enter them into the 3-Month Exercise and Dietary Period only after the medical evaluation and exercise and diet education are accomplished. Members will follow the normal WBFMP process once entered into the 3-Month Exercise and Dietary Period.

#### **14. Weight and Body Fat Management Program Phases:**

##### **14.1. Assessment Period:**

14.1.1. The WBFMP manager ensures all members identified as exceeding the Air Force body fat standards get medically cleared (within 15 duty days from the date a member is identified as over body fat by the unit commander) before enrolling them in the 3-Month Exercise and Dietary Period. Individual reservists will receive written guidelines prior to end of ADT or IDT.

14.1.2. Ineligible to assume the higher grade. (i.e., members with a promotion line number will be on promotion withhold status during this period.)

14.1.3. Eligible to WAPS test or have WAPS test scored.

14.1.4. Members not medically cleared cannot be enrolled in the WBFMP.

14.1.5. The MTF WBFMP representative will annotate the AF Form 108 whether a member is or is not medically cleared.

##### **14.2. Three-Month Exercise and Dietary Period.**

14.2.1. Unit commanders will refer members identified as exceeding Air Force body fat standards to the HPM to enroll them in the 3-Month Exercise and Dietary Period. The period will allow members to receive and integrate exercise and dietary education offered at the HAWC. Individual reservists will receive written guidance due to time limitations of ADTs and IDTs. This program is established to assist members in making gradual, but permanent exercise and dietary lifestyle changes.

14.2.2. The diet portion of this program must meet AF Surgeon General guidelines, be consistent with current AFMAN 44-139 and AFP 44-132 and be approved by MAJCOM Consultant Dietitian.

14.2.3. Unit commanders will work with the MTF WBFMP representative and their local fitness personnel in establishing a similar exercise and dietary education program in locations without a HAWC.

14.2.4. Members must be medically cleared and receive initial exercise and diet education prior to entry into this program.

14.2.5. Early removal from this program is not authorized regardless of reaching their body fat standard. The importance of this stage is for members identified as over body fat to attain a behavior change in exercise and diet habits.

14.2.6. Upon completion of the 3-Month Exercise and Dietary Period, and upon request of the unit commander or representative, the HAWC staff will accomplish and annotate the body fat measurements on the AF Form 108.

14.2.7. Members are ineligible to attend officer or enlisted PME.

14.2.8. Enlisted members are ineligible to assume the higher grade. (i.e., members with a promotion line number will be on promotion withhold status during this period.)

14.2.9. Enlisted members are eligible to WAPS test or have WAPS test scored.

14.2.10. Enlisted members are ineligible to reenlist.

14.2.11. No administrative actions may be taken against a member for not meeting Air Force body fat standards or due to a lack of progress in the loss of weight or body fat while in the 3-Month Exercise and Dietary Period.

14.2.12. Eligible for PCS, TDY, or leave.

14.2.12.1. Members PCSing who have not completed the 3-Month Exercise and Dietary Period will be enrolled at their gaining duty station. The program time frame will not exceed the three months from the start date at their last duty station (see paragraph 14.3.1.1 for example).

14.2.12.2. Members TDY or on leave will continue the program upon their return to their duty station or entered in next phase of the WBFMP if the three months have passed from the date of entry into the 3-Month Exercise and Dietary Period.

#### 14.3. Phase I (Initial Entry):

##### 14.3.1. The unit commander:

14.3.1.1. Places members who have not met the Air Force body fat standards in WSC 6, Initial Entry, (Phase I), after members complete their 3-month exercise and dietary period, or at the end of that 3-month period if interrupted by Permanent Change of Station (PCS), Temporary Duty (TDY) (excluding TDY deployments—see paragraph 19) or leave status (e.g., for PCS: member is enrolled in the 3-Month Exercise and Dietary period on 3 Dec 98; departs PCS on 16 Jan 99 which is prior to completion of the program; inprocesses the gaining unit on 5 Feb 99. The member is enrolled in the exercise and dietary program upon inprocessing to gaining unit. The member completes the program effective 3 Mar 99 and is weighed and measured for body fat and entered into Phase I, WSC 6, if not within body fat standards or Phase II, WSC 3 if within body fat standards.).

14.3.1.2. Ensures the medical clearance and initial exercise and diet education received prior to enrollment in the 3-Month Exercise and Dietary period.

14.3.1.3. Encourages members to remain in an exercise and dietary program after they complete the 3-Month Exercise and Dietary Period.

14.3.1.4. Ensures members are not selected for unit random measurements while in Phase I.

14.3.1.5. For individual reservists, the unit of assignment/attachment commander may authorize an additional 90-day exercise program period for members who are achieving some weight or body fat reduction.

##### 14.3.2. The unit WBFMP manager:

14.3.2.1. Takes weight measurements on all WBFMP participants upon initial entry and on a monthly basis or every 90 days for individual reservists to determine their progress.

14.3.2.2. Directs member to the HAWC to have the body fat measurements taken on a

monthly basis or every 90 days for individual reservists to determine their progress.

14.3.2.3. Uses the AF Form 393 to record medical clearances, exercise and dietary education sessions, weight and body fat measurements, and administrative actions.

14.3.2.4. Updates appropriate WSC 0- 6.

14.3.2.5. Uses AF Form 108 to update the WSC each time a change in status occurs which requires update of a different WSC.

#### 14.4. Phase II (Observation Period):

14.4.1. The Unit Commander: Enters individuals into Phase II who have met or are below the AF body fat standards after completing the 3-Month Exercise and Dietary Period.

##### 14.4.2. The WBFMP Manager:

14.4.2.1. Administers the weight measurement on members monthly or every 90 days for individual reservists. Ensures members are not selected for unit random measurements while in Phase II.

14.4.2.2. Schedules the member with an appointment at the HAWC for taking the body fat measurements monthly (see note) or every 90 days for individual reservists.

14.4.2.3. Removes members from the WBFMP after successfully completing Phase II (i.e., members must maintain their AF body fat standard for six consecutive months before being removed from the WBFMP.) (**EXCEPTION:** A PCS does not count as a break in the six consecutive months. Members will be removed from the program at the end of the six months regardless if they are not available for measurements due to a PCS. For members on leave, or TDY for less than 29 days, the body fat measurements will be taken prior to members going on leave or TDY, or upon return if there is not approximately 30 days from the last body fat measurement. Members on TDY for 29 days or more will hand-carry their WBFMP case file to the TDY unit commander or TDY unit WBFMP manager to schedule an appointment with the FPM to take the body fat measurements. Refer to Paragraph 19 for WBFMP procedures during contingency and mobilization operations.

14.4.2.4. For individual reservists, the WBFMP manager at the unit of assignment/attachment will send the AF Form 108 to HQ ARPC/DRSP, 6760 East Irvington Place #3800, Denver Co. 80280-3800 for update. HQ ARPC/DRSP will supply a monthly WBFMP roster to the MAJCOM program managers, central managers and to the unit of assignment/attachment as appropriate.

#### **NOTE:**

Monthly--A calendar month or the period of time from any day of one month to the corresponding day of the next month. (e.g., if the member's weight and body fat measurements were taken on 15 Mar 99, the next measurements will be taken on 15 Apr 99. For dates falling on a weekend or holiday, the commander will determine if the measurements are taken the duty day before or first duty day after the measurements would have taken place.)

#### **15. Reentering to Phase I of the WBFMP.**

- 15.1. The unit commander reenters individuals in Phase I anytime they exceed body fat standards while in Phase II (Refer to Para 14.3. Phase I Initial Entry).
- 15.2. Members are not required to be reentered into a 3-month exercise and dietary period.
- 15.3. Members are not required to have another medical evaluation.
- 15.4. Individuals who reenter Phase I must remain in WSC 2 for a minimum of 1 month.
- 15.5. Individuals who reenter Phase I must progress through Phase II period again.

**16. Unit Commander Requirements for Members Identified as not Presenting a Professional Military Appearance.**

- 16.1. The unit commander:
  - 16.1.1. May require individuals who do not present a professional military appearance (regardless of weight or body fat percentage) to enter the 3-Month Exercise and Dietary Period.
  - 16.1.2. Schedules individuals for a medical evaluation to obtain a medical clearance before entering the exercise and dietary program.
  - 16.1.3. Must specify in writing, the date when individuals should complete the program and the requirements they must meet.
  - 16.1.4. May extend the exercise program beyond the three months until participants achieve a professional military appearance.
  - 16.1.5. May allow individuals to exercise during duty hours, if appropriate.
  - 16.1.6. There are no PDS codes for this program.

**17. Processing Medical Deferrals.** Unit commanders may approve a temporary medical deferral when recommended by the MTF WBFMP representative or a medical practitioner.

- 17.1. Temporary medical deferrals (WSC 5) for Phase I participants:
  - 17.1.1. Unit commanders notify the individuals they remain ineligible for certain career-related events such as promotions (for enlisted personnel—see note), reenlistments, assignments (if making unsatisfactory progress), retraining, and attendance to PME and Basic Officers Training Schools.
  - 17.1.2. The WBFMP manager updates the PDS to WSC 5. Members will not be measured for weight or body fat while in WSC 5.
  - 17.1.3. For medical deferrals due to pregnancy the deferral will expire 6 months after the pregnancy ends regardless of how the pregnancy ends. The unit commander may approve up to 18 months of deferral for pregnancy, based on a medical practitioner's recommendation.
  - 17.1.4. In cases other than pregnancy, the unit commander may approve medical deferrals in 6-month increments, not to exceed 12 consecutive months. The unit commander recommends to the installation commander all deferrals exceeding 1 year.
  - 17.1.5. The member is measured for weight and body fat after the deferral expires and entered into WSC 3 if meeting Air Force body fat standards or WSC 1 to establish a new base line for weight and body fat for those members not meeting Air Force body fat standards. **NOTE:** The

wing commander or equivalent level commander may allow promotion of enlisted members in WSC 5, Temporary Medical Deferral, including medical deferrals due to pregnancy, who are otherwise qualified.

17.2. Medical deferrals for Phase II participants:

17.2.1. Members remain in Phase II, WSC 3, and are not coded as WSC 5. Members will not be measured for weight or body fat while in the medical deferral status.

17.2.2. For medical deferrals due to pregnancy the deferral will expire 6 months after the pregnancy ends regardless of how the pregnancy ends.

17.2.3. Members will be removed from the WBFMP at the end of the WSC 3 (Phase II, 6-Month Observation Period) even though they were not being measured for body fat while in the medical deferral status.

**18. Administrative Actions.** Unit commanders take administrative action when a person doesn't make satisfactory progress (see table 4).

18.1. Unit commanders must make a recommendation to the installation commander to retain, discharge, or separate a member on their fourth and subsequent unsatisfactory progress in the WBFMP. Individual reservists can be transferred to the non-participating reserve after two consecutive unsatisfactory body fat measurements. Commanders will request transfer of individual reservists in writing through the MAJCOM program manager.

18.2. If retained, the member gets assessed by the unit commander after each subsequent failure.

18.3. The installation commander makes the final decision to retain, discharge, or separate members.

18.4. Failing to make satisfactory progress in the WBFMP does not in itself constitute a violation of the Uniform Code of Military Justice (UCMJ). Unit commanders may not impose nonjudicial punishment (i.e., Article 15, UCMJ) on members solely for exceeding body fat standards or failing to meet monthly loss requirements.

18.5. For individual reservists: The unit of assignment/attachment commander may initiate reassignment action after the second unsatisfactory observation period. The member may be reassigned to the inactive reserve, either Non-Affiliated Reserve Section (NARS)-NB if obligated, or NARS-NA if non-obligated. If the member does not report for the mandatory 90-day body fat check, reassignment action will be initiated. Members will be reassigned according to AFI 36-2115, *Assignments Within the Reserve Components*. All administrative actions must be coordinated with the MAJCOM, unit of attachment, and unit of assignment.



**Table 4. Guide For Administrative Actions For The WBFMP (see notes).**

	Unsatisfactory Period							
	Options for Enlisted				Options for Officers			
	1st	2nd	3rd	4th	1st	2nd	3rd	4th
Verbal Counseling/Letter of Counseling	X				X			
Letter of Admonition	X				X			
Verbal Reprimand	X	X			X	X		
Letter of Reprimand	X	X	X		X	X	X	
Establish UIF	X	X	X		X	X	X	
Limit Supervisory Responsibilities	X	X	X		X	X	X	
Remove Supervisory Responsibilities	X	X	X		X	X	X	
Performance Report Comments on Unsatisfactory Progress	X	X	X		X	X	X	
Prepare "Directed by Commander" Report for Unsatisfactory Progress		X	X			X	X	
Promotion Propriety Action	X	X	X		X	X	X	
Control Roster		X	X			X	X	
Administrative Demotion (note 2)			X					
Administrative Separation (note 3)				X				X
Retention with continuation in WBFMP and appropriate administrative actions from Third Unsatisfactory List				X				X

Note: First, this figure provides the normal sequence and timing of administrative actions. Unit commanders should take progressively more severe administrative actions, based on the number of unsatisfactory progress periods. For individual reservists, each period is 90 days. Use one or more of the actions from the appropriate columns at each step. Don't use the same administrative action consecutively more than two times (except for OPR/EPR comments, which you may use at any point and as often as necessary). Unsatisfactory periods don't need to be consecutive for administrative actions. Second, the unit commander follows the procedures contained in AFI 36-2503, Administrative Demotion of Airmen, for airmen. There is no provision for administratively demoting officers. Unit commanders exercise their prerogative when selecting actions from each unsatisfactory listing to document a member's lack of progress in the WBFMP. Third, the unit commander follows the procedures contained in AFI 36-3206, Administrative Discharge Procedures For Commissioned Officers and AFI 36-3208, Administrative Separation of Airmen. Unit commanders exercise their prerogative when selecting actions from each unsatisfactory listing to document a member's lack of progress in the WBFMP. The unit commander will make a recommendation in writing to the installation commander on whether to retain, discharge, or separate a member on their fourth or subsequent unsatisfactory progress in the WBFMP. They must specify if this is the fourth or subsequent unsatisfactory progress period. For an officer, send the recommendation to retain, discharge, or separate to the initiating commander in accordance with AFI 36-3206. Fourth, commanders may use instances of unsatisfactory progress in the immediately preceding enlistment to establish a basis for separation on members being discharged or separated for failure in the WBFMP with at

least one instance of unsatisfactory progress in the WBFMP during the current enlistment. Refer to AFI 36-3208, Administrative Separation of Airmen, for more information. Fifth, for individual reservists refer to paragraph 18.5. One unsatisfactory body fat measurement constitutes one 90-day period.

## **19. WBFMP Procedures During Contingency and Mobilization Operations:**

19.1. The WBFMP requirements which include weigh-ins, body fat measurements, and reporting are suspended for Air Force personnel deployed to any code name operation (i.e., DESERT STORM, PROVIDE COMFORT, etc.) of 30 days or more unless otherwise specified by the area theater commander. Mission priorities within a code name operation take precedence over WBFMP requirements.

19.2. Three-Month Exercise and Dietary Period:

19.2.1. Members will be disenrolled from the 3-Month Exercise and Dietary Period when deployed to any code name operation.

19.2.2. Members will be weighed and measured for body fat upon their return from the deployment.

19.2.2.1. Members within the Air Force body fat standards will be entered into WSC 3, Phase II, 6-Month Observation Period.

19.2.2.2. Members exceeding Air Force body fat standards will be reentered into the 3-Month Exercise and Dietary Period upon their return from the deployment.

19.3. Phase I Participants: Are responsible for continuing a proper exercise and diet regimen in an effort to continue weight and body fat loss.

19.3.1. Commanders should be made aware prior to making the decision to deploy a member to any of these locations that Phase I participants in WSC 1, WSC 2, WSC 5, and WSC 6 will remain in those codes during the deployment period even though they won't be monitored. Members will also be advised of these actions.

19.3.2. Participants will be weighed and measured for body fat upon return from the deployment and entered into WSC 1 or WSC 3 only.

19.3.3. The unit WBFMP Manager at the member's home station will follow monthly weight and body fat measurement procedures after the participant has been entered in WSC 1 or WSC 3.

19.4. Phase II Participants: Are responsible for continuing a proper exercise and diet regimen in an effort to maintain Air Force body fat standards.

19.4.1. The unit WBFMP manager at the member's home station removes the member from the WBFMP at the end of the 6-Month Observation Period regardless of the number of measurements taken (i.e., when a participant in Phase II is deployed, ensure member is removed from the WBFMP at the end of the 6-Month Observation Period even though the member was unavailable for the weight and body fat measurements).

19.4.2. Participants still within the 6-Month Observation Period will be weighed and measured for body fat upon return from the deployment to determine if they are still within Air Force body fat standards.

19.4.3. If they are within the Air Force body fat standard, they progress through the WBFMP accordingly.

19.4.4. Commanders will allow a 30-day grace period from the date of these measurements for participants not within body fat standards. Participants will be reentered into Phase I (WSC 1) if not within Air Force body fat standards at the end of the 30-day grace period.

## **20. AF Form 108, Weight and Body Fat Processing .**

20.1. The unit commander or unit WBFMP manager uses AF Form 108 to document an individual's date of entry, medical information, dietary information, WSC changes, temporary medical deferral from Phase I, approval or disapproval for an adjusted body fat standard, and reenlistment eligibility. The WSC change is effective on the date the unit commander signs the AF Form 108.

20.2. The Vice Commandant of the College of Enlisted PME and NCOs assigned duty as Detachment Chief or Academy Commandant have signature authority for the AF Form 108.

20.3. File a copy of the AF Form 108 in the member's WBFMP case file and dispose of IAW AFMAN 37-139, *Records Disposition*.

## **21. AF Form 393.**

21.1. The unit WBFMP manager uses AF Form 393 to document an individual's status, progress, and administrative actions given while in the WBFMP.

21.2. File a copy of the AF Form 393 in the member's WBFMP case file and dispose of IAW AFMAN 37-139.

## **22. Weight Management Program Case File.**

22.1. The WBFMP manager files the AF Forms 108 and 393, records of administrative actions, and any other pertinent documents in the WBFMP case file.

22.1.1. The WBFMP manager who is responsible for monitoring assigned/attached individual reservists will maintain the WBFMP case file.

22.2. Dispose of the WBFMP file IAW AFMAN 37-139.

## **23. Transition Period:**

23.1. The 1-Year Probation Period has been eliminated from the WBFMP. Members currently in WSC 7, will be removed from the WBFMP immediately.

23.2. Members pending a medical evaluation and dietary and exercise education and not currently in the WBFMP will be enrolled into the 3-Month Exercise and Dietary Period only after they have been medically cleared.

23.3. All others will remain in their current WBFMP status.

**24. Forms Prescribed.** AF Form 108, **Weight and body Fat Processing** and AF Form 393, **Individual Record for Weight Management and Fitness Improvement Training (FIT) Programs.**

DONALD L. PETERSON, Lt General, USAF  
DCS/Personnel

## Attachment 1

## GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION

***References***

Title 10, United States Code, Section 8013

AETCI 36-2205, *Flying Training Student Administration and Management*

AFI 33-360, Volume 1, *Publications Management Program*

AFI 36-2110, *Assignments*

AFI 36-2115, *Assignments Within the Reserve Components*

AFI 36-2501, *Officer Promotions and Selective Continuation*

AFI 36-2502, *Airman Promotion Program*

AFI 36-2503, *Administrative Demotion of Airmen*

AFI 36-2606, *Reenlistment In The United States Air Force*

AFI 36-2626, *Airman Retraining Program*

AFI 36-3206, *Administrative Discharge Procedures For Commissioned Officers*

AFI 36-3208, *Administrative Separation of Airmen*

AFI 48-123, *Medical Examination and Medical Standards*

AFPAM 44-139, *Clinical Dietetics*

AFPAM 44-132, *Dietary Information for Weight Loss*

AFPD 40-5, *Fitness and Weight Management*

AFTO 33K-6-4-285-1, *Calibration Procedures*

AFVA 40-503, *United States Air Force Maximum Allowable Weight (MAW) Table*

DoD Directive 1308.1, *DoD Physical Fitness and Body Fat Program*

DoDI 1308.3, *DoD Physical Fitness and Body Fat Programs Procedures*

System of Records Notice F044 AF PC A 035, *Individual Weight Management File*

***Abbreviations and Acronyms***

**ADT**—Active Duty for Training

**AFPD**—Air Force Policy Directive

**AFI**—Air Force Instruction

**ALS**—Airman Leadership School

**DoD**—Department of Defense

**DoDD**—Department of Defense Directive

**DoDI**—Department of Defense Instruction  
**BFM**—Body Fat Measurement  
**BOTS**—Basic Officer Training School  
**DP**—Director of Personnel  
**FPM**—Fitness Program Manager  
**HAWC**—Health and Wellness Center  
**HPM**—Health Promotion Manager  
**IDT**—Inactive Duty for Training  
**IRR**—Individual Ready Reserve  
**MPF**—Military Personnel Flight  
**MTF**—Medical Treatment Facility  
**NCOA**—NCO Academy  
**OTS**—Officer Training School  
**PCA**—Permanent Change of Assignment  
**PCS**—Permanent Change of Station  
**PDS**—Personnel Data System  
**PME**—Professional Military Education  
**SAV**—Staff Assistance Visits  
**SNCOA**—Senior NCO Academy  
**SSS**—Senior Service School  
**TDY**—Temporary Duty  
**UCMJ**—Uniform Code of Military Justice  
**WBFMP**—Weight and Body Fat Management Program  
**WSC**—Weight Status Code

### ***Terms***

**Body Fat Measurement (BFM)**—Determining an individual's body fat percentage by using circumferential measurement technique as described in paragraph 1, and Tables 2 and 3.

**Body Fat Percentage**—The weight of the fat in an individual's body as a percentage of total body weight.

**Exercise and Dietary Education**—Established by the HAWC for members in the WBFMP. Dietary portion of program must be approved by MAJCOM Consultant Dietitian and be consistent with AFMAN 44-139, *Clinical Dietetics*, and AFP 44-132, *Dietary Information for Weight Loss*, or AF approved substitute. Exercise portion is conducted by the appropriate HAWC staff as identified by the HPM.

**Gulick Tape Measure**—A spring-loaded circumferential measurement device, which exerts a constant pull on the tape for more accurate and reliable measurements. Non-metallic and non-stretch.

**Health and Wellness Center (HAWC)**—Area designated by the installation commander to be responsible for taking all body fat measurements as directed by unit commanders, providing exercise and dietary education to include the 3-Month Exercise and Dietary Period.

**Individual Reservist**—A reserve member who is an Individual Mobilization Augmentee (IMA), participating Individual Ready Reservist (IRR), or participating Standby Reservist.

**Medical Provider**—Provider appointed by the Medical Group Commander to provide medical evaluations, make appropriate recommendations on medical deferrals and/or exemptions from the WBFMP, and to assist and advise the unit commander.

**Monthly**—A calendar month or the period of time from any day of one month to the corresponding day of the next month. (e.g., If the member's weight and body fat measurements were taken on 15 Mar 99, the next measurements will be taken on 15 Apr 99. For dates falling on a weekend or holiday, the commander will determine if the measurements are taken the duty day before or first duty day after the measurements would have to be taken place.)

**Observation Period (Weight and Body Fat Management Program (WBFMP) Phase II)**—A 6-month period after the member has met the body fat standards, during which the member continues monthly body fat measurements to monitor fitness and dietary habits. Weight Status Code (WSC) 3.

**Overfat**—Exceeds the body fat standards prescribed in paragraph 11.

**Personnel Data System (PDS)**— A collective term encompassing the total vertical computerized personnel data system. Use it when you're not referencing a specific subsystem.

**Physical Fitness**—The ability to rapidly transform stored energy into work. The ability to do daily tasks efficiently, without undue fatigue, and has ample energy remaining for military contingencies, emergencies, and leisure pursuits.

**Physical Profile Serial Report (AF Form 422)**—As specified in AFI 48-123, *Medical Examination and Medical Standards*, use this AF Form 422 to communicate information from the medical facility to personnel, command, and training authorities. The form describes the examinee's condition in non-technical terms, and records duty restrictions and assignment limitations.

**Satisfactory Progress**—A change in body fat composition or weight while in Phase I as specified in AFPD 40-5 that results in a decrease of at least 1 percent in body fat per month or a weight loss of 3 pounds per month for women or 5 pounds per month for men. PDS code: WSC 1. While in Phase II, maintaining a body fat percentage that is at or below the maximum body fat percentage.

**Temporary Medical Deferral**—A temporary deferral from the WBFMP for documented medical reasons. A medical practitioner makes the recommendation and the unit commander must approve the deferral. With the exception of pregnancy deferrals, approved and revalidated deferrals by the unit commander must not exceed increments of 6 months. PDS code: WSC 5 for Phase I deferral only.

**Unit Weight and Body Fat Program Manager**—An individual selected by the unit commander to assist and advise the unit commander in the administration of the WBFMP.

**Unsatisfactory Progress**—Failure to reduce body fat or weight at the rates described for satisfactory progress while in Phase I or an increase in body fat resulting in an individual's exceeding body fat

standards while in Phase II. PDS code: WSC 2.

**Weight and Body Fat Management Program (WBFMP)**—A rehabilitative program designed to assist overfat individuals in meeting and maintaining Air Force body fat standards.

**Weight Status Codes (WSC)**—The PDS codes identifying an individual's current status in the WBFMP.

**3-Month Exercise and Dietary Period**—First 90 days of the WBFMP during which a member receives exercise and dietary education. Members will be placed in either code WSC 6 or WSC 3 at the end of the 3-month period.



**Attachment 2****WEIGHT MANAGEMENT PROGRAM OVERVIEW**

Unit commanders will provide a copy of this overview to all members upon enrollment in the 3-Month Exercise and Dietary Period.

**- Members will be:**

-- Enrolled in a 3-month exercise and dietary period by the unit commander when identified as exceeding AF body fat standards. The exercise and dietary education program will be offered in the HAWC

-- Entered into WBFMP when they exceed Air Force body fat standards, are medically cleared, received exercise and dietary education, and complete the 3-Month Exercise and Dietary Period. These requirements must be met prior to entry into Phase I or Phase II

**- The Installation Commander may adjust a member's body fat standard upward based on the recommendation of the unit commander and the MTF WBFMP representative if they exceed Air Force body fat standards, but present a professional military appearance and appears to be fit**

**- Members enrolled in the 3-Month Exercise and Dietary Period (WSC 0):**

-- Prohibited from early removal from this program regardless of reaching Air Force body fat standards prior to completing the 3-Month Exercise and Dietary Period. The importance of this stage is for members identified as over body fat to attain a behavior change in exercise and diet habits

-- Enlisted members are eligible to WAPS test or have WAPS test scored

-- Enlisted members are ineligible to assume the higher grade. (i.e., enlisted members with a promotion line number will be on promotion withhold status during this period.)

-- Officers: Unit or higher level commanders have the authority to withhold a promotion. Unless delayed by the unit or higher level commander, the member will be promoted even if in the 3-Month Exercise and Dietary Period. If the promotion is delayed and the delay is terminated, the date of rank will be retroactive to the date the promotion would have taken place. Unit or higher level commanders can request approval to the Secretary of the Air Force to adjust the officer's date of rank if found to be not qualified for promotion during the period of the delay

-- Enlisted members are ineligible to reenlist

-- Ineligible to attend officer or enlisted PME

-- No administrative actions may be taken against a member for not meeting Air Force body fat standards or due to a lack of progress in the loss of weight or body fat during this period

**- Members in Phase I are:**

- Enlisted members are ineligible to reenlist
- Ineligible to attend PME
- Cannot voluntarily retrain
- Weighed and measured for body fat loss monthly or every 90 days for individual reservists. The unit WBFMP manager will take the weight measurements and the Fitness Program Manager will take the body fat measurements
  - Must reduce 1 percent body fat each month or lose 3 pounds (women) or 5 pounds (men) per month. Body fat and weight loss is not cumulative.
  - Unsatisfactory progress occurs when you fail to comply with the above monthly loss requirements or are reentered into Phase I from Phase II
    - Unsatisfactory progress results in:
      - Ineligible for PCS reassignment (unless mandatory move)
      - Administrative action by unit commander (see table 4, Guide For Administrative Actions for the WBFMP)
      - Administrative separation or discharge is considered on the fourth and subsequent unsatisfactory progress

**- Phase II:**

- You progress to the 6-Month Observation Period (Phase II) when you reach your body fat standard or below and have completed the 3-Month Exercise and Dietary Period
- You may be eligible for PCS reassignment, reenlistment, voluntary retraining, PME; may assume higher grade
- Unit commander has option to deny reenlistment

-- You must maintain or be below the Air Force body fat standards at all times during this period. Your body fat is measured monthly or every 90 days for individual reservists

-- You should continue exercise and diet appropriately

-- If you exceed body fat standards during Phase II, you're reentered into Phase I, unsatisfactory progress with administrative actions

-- When you maintain body fat standards for 6 months after entering Phase II, all WBFMP data is removed from PDS, and WBFMP case file is returned to you or destroyed if you do not accept the file. If you are deployed while in Phase II you will be removed from the WBFMP at the end of the 6-Month Observation Period even though you were unavailable for the body fat measurements

**- Entry into the WBFMP affects promotions as follows:**

-- Officer promotion actions:

--- Are governed by law

--- Unit or higher level commanders have the authority to withhold a promotion. Unless delayed by the unit or higher level commander, the member will be promoted even if in the WBFMP

--- If the promotion is delayed and the delay is terminated, the date of rank will be retroactive to the date the promotion would have taken place

--- Unit or higher level commanders can request approval to the Secretary of the Air Force to adjust the officer's date of rank if found to be not qualified for promotion during the period of the delay.

--- Refer to AFI 36-2501, *Officer Promotions and Selective Continuation*, for additional information

-- Enlisted promotion actions:

--- Phase I (Satisfactory Progress [WSC 1])

---- Ineligible to assume the higher grade

---- Eligible to WAPS test or have WAPS test scored

--- Temporary Medical Deferrals (WSC 5): Installation commanders may allow promotion for members in WSC 5 (Temporary Medical Deferment) including temporary medical deferrals for pregnancy

-- Phase I (Unsatisfactory Progress [WSC 2]):

--- Ineligible for promotion

---- Cannot test; and cannot be considered if already tested

---- Members with projected promotion will lose the promotion line number. Projected promotions (if already selected under WAPS or fully qualified airman through senior airman) will be canceled

-- Phase II (Observation Period [WSC 3])

-- Installation commanders may approve requests submitted by unit commanders or members that are now in Phase II requesting reinstatement of a promotion sequence number, eligibility to WAPS test, or request the scoring of a WAPS test already taken

-- Eligible to assume the higher grade

-- Eligible to WAPS test, or have WAPS test scored

-- Promotions are not retroactive

-- Refer to AFI 36-2502, *Airman Promotion Program*, for additional information

## Attachment 3

**UNITED STATES AIR FORCE  
MAXIMUM ALLOWABLE WEIGHT (MAW) TABLE**

MEN Interpolated Weight						WOMEN Interpolated Weight					
Height	MAW	1/4"	1/2"	3/4"	Desired Weight	Height	MAW	1/4"	1/2"	3/4"	Desired Weight
60	153	153 1/2	154	154 1/2	138	60	136	136 1/2	137	137 1/2	122
61	155	155 1/2	156 1/2	157 1/4	140	61	138	138 3/4	139 1/2	140 1/4	124
62	150	150 1/2	155	159 1/2	142	62	141	141 1/4	141 1/2	141 3/4	127
63	160	161	162	163	144	63	142	143	144	145	128
64	164	165 1/4	166 1/2	167 3/4	148	64	146	147	148	149	131
65	169	170 1/4	171 1/2	172 3/4	152	65	150	151 1/4	152 1/2	153 3/4	135
66	174	175 1/4	176 1/2	177 3/4	157	66	155	156	157	158	139
67	179	180 1/4	181 1/2	182 3/4	161	67	159	160 1/4	161 1/2	162 3/4	143
68	184	185 1/4	186 1/2	187 3/4	166	68	164	165	166	167	146
69	189	190 1/4	191 1/2	192 3/4	170	69	168	169 1/4	170 1/2	171 3/4	151
70	194	195 1/4	196 1/2	197 3/4	175	70	173	174	175	176	155
71	199	200 1/2	201	203 1/2	179	71	177	178 1/4	179 1/2	180 3/4	159
72	205	206 1/2	207	209 1/2	185	72	182	183 1/2	185	186 1/2	164
73	211	212 3/4	214 1/2	216 1/4	190	73	188	189 1/2	191	192 1/2	169
74	218	219 1/2	221	222 1/2	196	74	194	195 1/4	196 1/2	197 3/4	175
75	224	225 1/2	227	228 1/2	202	75	199	200 1/2	202	203 1/2	179
76	230	231 1/2	233	234 1/2	207	76	205	206 1/4	207 1/2	208 3/4	184
77	236	237 1/2	239	240 1/2	212	77	210	211 1/4	212 1/2	213 3/4	189
78	242	243 1/2	245	246 1/2	218	78	215	216 1/2	218	219 1/2	193
79	248	249 1/2	251	252 1/2	223	79	221	222 1/4	223 1/2	224 3/4	199
80	254	255 1/2	257	258 1/2	229	80	226	227 1/2	229	230 1/2	205

## NOTES:

1. For every inch under 60 inches, subtract 2 pounds from the MAW. For every inch over 80 inches, add 6 pounds to the MAW.
2. Measure without shoes.
3. Subtract 3 pounds for any military uniform and 2 pounds for gym clothing.

## Attachment 4

## BODY FAT PERCENT TABLES FOR MALES

CIRCUM	HEIGHT (INCHES)									
VALUE	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5
11.00	3	2	2	2	2	1	1	0	0	0
11.25	3	3	3	3	2	2	2	2	1	1
11.50	4	4	4	3	3	3	3	2	2	2
11.75	5	5	4	4	4	4	3	3	3	3
12.00	6	5	5	5	5	4	4	4	4	3
12.25	6	6	6	6	5	5	5	5	4	4
12.50	7	7	6	6	6	6	6	5	5	5
12.75	8	7	7	7	7	6	6	6	6	6
13.00	8	8	8	8	7	7	7	7	6	6
13.25	9	9	9	8	8	8	8	7	7	7
13.50	10	9	9	9	9	8	8	8	8	8
13.75	10	10	10	10	9	9	9	9	8	8
14.00	11	11	10	10	10	10	10	9	9	9
14.25	12	11	11	11	11	10	10	10	10	9
14.50	12	12	12	11	11	11	11	11	10	10
14.75	13	13	12	12	12	12	11	11	11	11
15.00	13	13	13	13	12	12	12	12	12	11
15.25	14	14	14	13	13	13	13	12	12	12
15.50	15	14	14	14	14	13	13	13	13	12
15.75	15	15	15	14	14	14	14	13	13	13
16.00	16	15	15	15	15	15	14	14	14	14
16.25	16	16	16	16	15	15	15	15	14	14
16.50	17	17	16	16	16	16	15	15	15	15
16.75	17	17	17	17	16	16	16	16	15	15
17.00	18	18	17	17	17	17	16	16	16	16
17.25	18	18	18	18	17	17	17	17	17	16
17.50	19	19	19	18	18	18	18	17	17	17
17.75	20	19	19	19	19	18	18	18	18	17
18.00	20	20	20	19	19	19	19	18	18	18
18.25	21	20	20	20	20	19	19	19	19	18
18.50	21	21	21	20	20	20	20	19	19	19
18.75	22	21	21	21	21	20	20	20	20	19

<b>CIRCUM</b>	<b>HEIGHT (INCHES)</b>									
<b>VALUE</b>	<b>60.0</b>	<b>60.5</b>	<b>61.0</b>	<b>61.5</b>	<b>62.0</b>	<b>62.5</b>	<b>63.0</b>	<b>63.5</b>	<b>64.0</b>	<b>64.5</b>
19.00	22	22	22	21	21	21	21	20	20	20
19.25	23	22	22	22	22	21	21	21	21	20
19.50	23	23	23	22	22	22	22	21	21	21
19.75	23	23	23	23	22	22	22	22	22	21
20.00	24	24	23	23	23	23	22	22	22	22
20.25	24	24	24	24	23	23	23	23	22	22
20.50	25	25	24	24	24	24	23	23	23	23
20.75	25	25	25	25	24	24	24	24	23	23
21.00	26	26	25	25	25	25	24	24	24	24
21.25	26	26	26	25	25	25	25	25	24	24
21.50	27	26	26	26	26	25	25	25	25	24
21.75	27	27	27	26	26	26	26	25	25	25
22.00	28	27	27	27	27	26	26	26	26	25
22.25	28	28	27	27	27	27	27	26	26	26
22.50	28	28	28	28	27	27	27	27	26	26
22.75	29	29	28	28	28	28	27	27	27	27

<b>CIRCUM</b>	<b>HEIGHT (INCHES)</b>									
<b>VALUE</b>	<b>60.0</b>	<b>60.5</b>	<b>61.0</b>	<b>61.5</b>	<b>62.0</b>	<b>62.5</b>	<b>63.0</b>	<b>63.5</b>	<b>64.0</b>	<b>64.5</b>
23.00	29	29	29	29	28	28	28	28	27	27
23.25	30	29	29	29	29	28	28	28	28	27
23.50	30	30	30	29	29	29	29	28	28	28
23.75	31	30	30	30	29	29	29	29	29	28
24.00	31	31	30	30	30	30	29	29	29	29
24.25	31	31	31	31	30	30	30	30	29	29
24.50	32	31	31	31	31	30	30	30	30	29
24.75	32	32	32	31	31	31	31	30	30	30
25.00	33	32	32	32	31	31	31	31	30	30
25.25	33	33	32	32	32	32	31	31	31	31
25.50	33	33	33	33	32	32	32	31	31	31
25.75	34	33	33	33	33	32	32	32	32	31
26.00	35	34	34	33	33	33	32	3	32	32
26.25	34	34	34	34	33	33	33	33	32	32
26.50	35	35	34	34	34	33	33	33	33	32
26.75	35	35	35	34	34	34	34	33	33	33

CIRCUM VALUE	HEIGHT (INCHES)									
	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5
27.00	36	35	35	35	34	34	34	34	33	33
27.25	36	36	35	35	35	35	34	34	34	34
27.50	36	36	36	35	35	35	35	34	34	34
27.75	37	36	36	36	36	35	35	35	35	34
28.00	37	37	36	36	36	36	35	35	35	35
28.25	37	37	37	37	36	36	36	35	35	35
28.50	38	37	37	37	37	36	36	36	36	35
28.75	38	38	37	37	37	37	36	36	36	36
29.00	38	38	38	38	37	37	37	37	36	36
29.25	39	38	38	38	38	37	37	37	37	36
29.50	39	39	39	38	38	38	37	37	37	37
29.75	39	39	39	39	38	38	38	38	37	37
30.00	40	39	39	39	39	38	38	38	38	37
30.25	40	40	40	39	39	39	38	38	38	38
30.50	40	40	40	40	39	39	39	39	38	38
30.75	41	40	40	40	40	39	39	39	39	38
31.00	41	41	40	40	40	40	39	39	39	39
31.25	41	41	41	41	40	40	40	40	39	39
31.50	42	41	41	41	41	40	40	40	40	39
31.75	42	42	41	41	41	41	40	40	40	40
32.00	42	42	42	42	41	41	41	40	40	40
32.25	43	42	42	42	42	41	41	41	41	40
32.50	43	43	42	42	42	42	41	41	41	41
32.75	43	43	43	42	42	42	42	41	41	41
33.00	44	43	43	43	42	42	42	42	41	41
33.25	44	44	43	43	43	43	42	42	42	42
33.50	44	44	44	43	43	43	43	42	42	42
33.75	44	44	44	44	43	43	43	43	42	42
34.00	45	45	44	44	44	43	43	43	43	42
34.25	45	45	45	44	44	44	43	43	43	43
34.50	45	45	45	45	44	44	44	44	43	43
34.75	46	45	45	45	45	44	44	44	44	43
35.00	46	46	45	45	45	45	44	44	44	44
35.25	46	46	46	45	45	45	45	44	44	44



CIRCUM VALUE	HEIGHT (INCHES)									
	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
11.00	0	0	0	0	0	0	0	0	0	0
11.25	1	0	0	0	0	0	0	0	0	0
11.50	2	2	1	1	0	0	0	0	0	0
11.75	3	2	2	2	2	1	1	1	0	0
12.00	3	3	3	3	2	2	2	2	2	1
12.25	4	4	4	3	3	3	3	3	2	2
12.50	5	4	4	4	4	4	3	3	3	3
12.75	5	5	5	5	5	4	4	4	4	3
13.00	6	6	6	5	5	5	5	5	4	4
13.25	7	6	6	6	6	6	5	5	5	5
13.50	7	7	7	7	6	6	6	6	6	5
13.75	8	8	8	7	7	7	7	7	6	6
14.00	9	8	8	8	8	8	7	7	7	7
14.25	9	9	9	9	8	8	8	8	8	7
14.50	10	10	9	9	9	9	9	8	8	8
14.75	10	10	10	10	10	9	9	9	9	9
15.00	11	11	11	10	10	10	10	10	9	9
15.25	12	11	11	11	11	11	10	10	10	10
15.50	12	12	12	12	11	11	11	11	11	10
15.75	13	13	12	12	12	12	12	11	11	11
16.00	13	13	13	13	12	12	12	12	12	11
16.25	14	14	13	13	13	13	13	12	12	12
16.50	14	14	14	14	14	13	13	13	13	13
16.75	15	15	15	14	14	14	14	13	13	13
17.00	16	15	15	15	15	14	14	14	14	14
17.25	16	16	16	15	15	15	15	15	14	14
17.50	17	16	16	16	16	16	15	15	15	15
17.75	17	17	17	16	16	16	16	16	15	15
18.00	18	17	17	17	17	17	16	16	16	16
18.25	18	18	18	17	17	17	17	17	16	16
18.50	19	18	18	18	18	18	17	17	17	17
18.75	19	19	19	18	18	18	18	18	17	17
19.00	20	19	19	19	19	19	18	18	18	18
19.25	20	20	20	19	19	19	19	19	18	18
19.50	21	20	20	20	20	19	19	19	19	19

CIRCUM VALUE	HEIGHT (INCHES)									
	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
19.75	21	21	21	20	20	20	20	19	19	19
20.00	22	21	21	21	21	20	20	20	20	20
20.25	22	22	22	21	21	21	21	20	20	20
20.50	22	22	22	22	22	21	21	21	21	20
20.75	23	23	22	22	22	22	22	21	21	21
21.00	23	23	23	23	22	22	22	22	22	21
21.25	24	24	23	23	23	23	22	22	22	22
21.50	24	24	24	24	23	23	23	23	22	22
21.75	25	24	24	24	24	24	23	23	23	23
22.00	25	25	25	24	24	24	24	24	23	23
22.25	26	25	25	25	25	24	24	24	24	23
22.50	26	26	25	25	25	25	25	24	24	24
22.75	26	26	26	26	25	25	25	25	25	24

CIRCUM VALUE	HEIGHT (INCHES)									
	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
23.00	27	27	26	26	26	26	25	25	25	25
23.25	27	27	27	27	26	26	26	26	25	25
23.50	28	27	27	27	27	26	26	26	26	26
23.75	28	28	28	27	27	27	27	26	26	26
24.00	28	28	28	28	27	27	27	27	27	26
24.25	29	29	28	28	28	28	27	27	27	27
24.50	29	29	29	29	28	28	28	28	27	27
24.75	30	29	29	29	29	28	28	28	28	28
25.00	30	30	30	29	29	29	29	28	28	28
25.25	30	30	30	30	29	29	29	29	29	28
25.50	31	31	30	30	30	30	29	29	29	29
25.75	31	31	31	30	30	30	30	29	29	29
26.00	32	31	31	31	31	30	30	30	30	29
26.25	32	32	31	31	31	31	30	30	30	30
26.50	32	32	32	32	31	31	31	31	30	30
26.75	33	32	32	32	32	31	31	31	31	31
27.00	33	33	32	32	32	32	32	31	31	31
27.25	33	33	33	33	32	32	32	32	31	31
27.50	34	33	33	33	33	33	32	32	32	32

CIRCUM VALUE	HEIGHT (INCHES)									
	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
27.75	34	34	34	33	33	33	33	32	32	32
28.00	34	34	34	34	33	33	33	33	33	32
28.25	35	35	34	34	34	34	33	33	33	33
28.50	35	35	35	34	34	34	34	33	33	33
28.75	35	35	35	35	34	34	34	34	34	33
29.00	36	36	35	35	35	35	34	34	34	34
29.25	36	36	36	35	35	35	35	34	34	34
29.50	36	36	36	36	35	35	35	35	35	34
29.75	37	37	36	36	36	36	35	35	35	35
30.00	37	37	37	36	36	36	36	35	35	35
30.25	37	37	37	37	36	36	36	36	36	35
30.50	38	38	37	37	37	37	36	36	36	36
30.75	38	38	38	37	37	37	37	36	36	36
31.00	38	38	38	38	37	37	37	37	37	36
31.25	39	39	38	38	38	38	37	37	37	37
31.50	39	39	39	38	38	38	38	37	37	37
31.75	39	39	39	39	38	38	38	38	37	37
32.00	40	39	39	39	39	38	38	38	38	38
32.25	40	40	40	40	39	39	39	38	38	38
32.50	40	40	40	40	39	39	39	39	38	38
32.75	41	40	40	40	40	39	39	39	39	38
33.00	41	41	40	40	40	40	39	39	39	39
33.25	41	41	41	41	40	40	40	40	39	39
33.50	42	41	41	41	41	40	40	40	40	39
33.75	42	42	41	41	41	41	40	40	40	40
34.00	42	42	42	41	41	41	41	40	40	40
34.25	42	42	42	42	41	41	41	41	40	40
34.50	43	42	42	42	42	42	41	41	41	41
34.75	43	43	43	42	42	42	42	41	41	41
35.00	43	43	43	43	42	42	42	42	41	41
35.25	44	43	43	43	43	42	42	42	42	41

CIRCUM VALUE	HEIGHT (INCHES)									
	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5
11.00	0	0	0	0	0	0	0	0	0	0
11.25	0	0	0	0	0	0	0	0	0	0
11.50	0	0	0	0	0	0	0	0	0	0
11.75	0	0	0	0	0	0	0	0	0	0
12.00	1	1	0	0	0	0	0	0	0	0
12.25	2	2	2	1	1	0	0	0	0	0
12.50	3	2	2	2	2	2	1	1	1	0
12.75	3	3	3	3	3	2	2	2	2	2
13.00	4	4	4	3	3	3	3	3	2	2
13.25	5	4	4	4	4	4	3	3	3	3
13.50	5	5	5	5	4	4	4	4	4	4
13.75	6	6	5	5	5	5	5	5	4	4
14.00	7	6	6	6	6	6	5	5	5	5
14.25	7	7	7	7	6	6	6	6	6	5
14.50	8	8	7	7	7	7	7	6	6	6
14.75	8	8	8	8	8	7	7	7	7	7
15.00	9	9	9	8	8	8	8	8	7	7
15.25	10	9	9	9	9	9	8	8	8	8
15.50	10	10	10	9	9	9	9	9	9	8
15.75	11	10	10	10	10	10	9	9	9	9
16.00	11	11	11	11	10	10	10	10	10	9
16.25	12	12	11	11	11	11	11	10	10	10
16.50	12	12	12	12	12	11	11	11	11	11
16.75	13	13	12	12	12	12	12	11	11	11
17.00	13	13	13	13	13	12	12	12	12	12
17.25	14	14	14	13	13	13	13	13	12	12
17.50	14	14	14	14	14	13	13	13	13	13
17.75	15	15	15	14	14	14	14	14	13	13
18.00	15	15	15	15	15	14	14	14	14	14
18.25	16	16	16	15	15	15	15	15	14	14
18.50	16	16	16	16	16	15	15	15	15	15
18.75	17	17	17	16	16	16	16	16	15	15
19.00	17	17	17	17	17	16	16	16	16	16
19.25	18	18	17	17	17	17	17	16	16	16
19.50	48	18	18	18	18	17	17	17	17	17

CIRCUM VALUE	HEIGHT (INCHES)									
	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5
19.75	19	19	18	18	18	18	18	17	17	17
20.00	19	19	19	19	18	18	18	18	18	17
20.25	20	20	19	19	19	19	19	18	18	18
20.50	20	20	20	20	19	19	19	19	19	18
20.75	21	20	20	20	20	20	19	19	19	19
21.00	21	21	21	20	20	20	20	20	19	19
21.25	22	21	21	21	21	21	20	20	20	20
21.50	22	22	22	21	21	21	21	21	20	20
21.75	22	22	22	22	22	21	21	21	21	21
22.00	23	23	22	22	22	22	22	21	21	21
22.25	23	23	23	23	22	22	22	22	22	21
22.50	24	23	23	23	23	23	22	22	22	22
22.75	24	24	24	23	23	23	23	23	22	22

CIRCUM VALUE	HEIGHT (INCHES)									
	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5
23.00	25	24	24	24	24	23	23	23	23	23
23.25	25	25	25	24	24	24	24	23	23	23
23.50	25	25	25	25	24	24	24	24	24	23
23.75	26	26	25	25	25	25	24	24	24	24
24.00	26	26	26	25	25	25	25	25	24	24
24.25	27	26	26	26	26	25	25	25	25	25
24.50	27	27	26	26	26	26	26	25	25	25
24.75	27	27	27	27	26	26	26	26	26	25
25.00	28	27	27	27	27	27	26	26	26	26
25.25	28	28	28	27	27	27	27	27	26	26
25.50	28	28	28	28	28	27	27	27	27	27
25.75	29	29	28	28	28	28	28	27	27	27
26.00	29	29	29	29	28	28	28	28	27	27
26.25	30	29	29	29	29	28	28	28	28	28
26.50	30	30	29	29	29	29	29	28	28	28
26.75	30	30	30	30	29	29	29	29	29	28
27.00	31	30	30	30	30	30	29	29	29	29
27.25	31	31	31	30	30	30	30	29	29	29
27.50	31	31	31	31	30	30	30	30	30	29

CIRCUM VALUE	HEIGHT (INCHES)									
	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5
27.75	32	31	31	31	31	31	30	30	30	30
28.00	32	32	32	31	31	31	31	31	30	30
28.25	32	32	32	32	32	31	31	31	31	30
28.50	33	33	32	32	32	32	31	31	31	31
28.75	33	33	33	32	32	32	32	32	31	31
29.00	33	33	33	33	33	32	32	32	32	31
29.25	34	34	33	33	33	33	32	32	32	32
29.50	34	34	34	33	33	33	33	33	32	32
29.75	34	34	34	34	34	33	33	33	33	32
30.00	35	35	34	34	34	34	33	33	33	33
30.25	35	35	35	34	34	34	34	34	33	33
30.50	35	35	35	35	35	34	34	34	34	33
30.75	36	36	35	35	35	35	34	34	34	34
31.00	36	36	36	35	35	35	35	34	34	34
31.25	36	36	36	36	35	35	35	35	35	34
31.50	37	36	36	36	36	36	35	35	35	35
31.75	37	37	37	36	36	36	36	35	35	35
32.00	37	37	37	37	36	36	36	36	36	35
32.25	38	37	37	37	37	36	36	36	36	36
32.50	38	38	37	37	37	37	37	36	36	36
32.75	38	38	38	38	37	37	37	37	36	36
33.00	39	38	38	38	38	37	37	37	37	37
33.25	39	39	38	38	38	38	37	37	37	37
33.50	39	39	39	38	38	38	38	38	37	37
33.75	39	39	39	39	39	38	38	38	38	37
34.00	40	39	39	39	39	39	38	38	38	38
34.25	40	40	40	39	39	39	39	38	38	38
34.50	40	40	40	40	39	39	39	39	39	38
34.75	41	40	40	40	40	39	39	39	39	39
35.00	41	41	40	40	40	40	40	39	39	39
35.25	41	41	41	40	40	40	40	40	39	39

CIRCUM VALUE	HEIGHT (INCHES)									
	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
11.00	0	0	0	0	0	0	0	0	0	0
11.25	0	0	0	0	0	0	0	0	0	0
11.50	0	0	0	0	0	0	0	0	0	0
11.75	0	0	0	0	0	0	0	0	0	0
12.00	0	0	0	0	0	0	0	0	0	0
12.25	0	0	0	0	0	0	0	0	0	0
12.50	0	0	0	0	0	0	0	0	0	0
12.75	1	1	1	0	0	0	0	0	0	0
13.00	2	2	2	1	1	1	0	0	0	0
13.25	3	3	2	2	2	2	2	1	1	1
13.50	3	3	3	3	3	3	3	3	3	2
13.75	4	4	4	3	3	3	3	3	3	2
14.00	5	4	4	4	4	4	3	3	3	3
14.25	5	5	5	5	4	4	4	4	4	4
14.50	6	6	6	6	6	5	5	5	5	5
14.75	6	6	6	6	6	5	5	5	5	5
15.00	7	7	7	6	6	6	6	6	6	5
15.25	8	7	7	7	7	7	6	6	6	6
15.50	8	8	8	8	7	7	7	7	7	6
15.75	9	9	8	8	8	8	8	7	7	7
16.00	9	9	9	9	8	8	8	8	8	8
16.25	10	10	9	9	9	9	9	8	8	8
16.50	10	10	10	10	10	9	9	9	9	9
16.75	11	11	10	10	10	10	10	10	9	9
17.00	11	11	11	11	11	10	10	10	10	10
17.25	12	12	12	11	11	11	11	11	10	10
17.50	12	12	12	12	12	11	11	11	11	11
17.75	13	13	13	12	12	12	12	12	11	11
18.00	13	13	13	13	13	12	12	12	12	12
18.25	14	14	14	13	13	13	13	13	12	12
18.50	14	14	14	14	14	13	13	13	13	13
18.75	15	15	15	14	14	14	14	14	13	13
19.00	15	15	15	15	15	14	14	14	14	14
19.25	16	16	15	15	15	15	15	15	14	14
19.50	16	16	16	16	16	15	15	15	15	15

CIRCUM VALUE	HEIGHT (INCHES)									
	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
19.75	17	17	16	16	16	16	16	15	15	15
20.00	17	17	17	17	16	16	16	16	16	16
20.25	18	18	17	17	17	17	17	16	16	16
20.50	18	18	18	18	17	17	17	17	17	16
20.75	19	18	18	18	18	18	17	17	17	17
21.00	19	19	19	18	18	18	18	18	18	17
21.25	19	19	19	19	19	19	18	18	18	18
21.50	20	20	20	19	19	19	19	19	18	18
21.75	20	20	20	20	20	19	19	19	19	19
22.00	21	21	20	20	20	20	20	19	19	19
22.25	21	21	21	21	20	20	20	20	20	19
22.50	22	21	21	21	21	21	20	20	20	20
22.75	22	22	22	21	21	21	21	21	20	20

CIRCUM VALUE	HEIGHT (INCHES)									
	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
23.00	22	22	22	22	22	21	21	21	21	21
23.25	23	23	22	22	22	22	22	21	21	21
23.50	23	23	23	23	22	22	22	22	22	21
23.75	24	23	23	23	23	23	22	22	22	22
24.00	24	24	24	23	23	23	23	23	22	22
24.25	24	24	24	24	24	23	23	23	23	23
24.50	25	25	24	24	24	24	24	23	23	23
24.75	25	25	25	25	24	24	24	24	24	23
25.00	26	25	25	25	25	25	24	24	24	24
25.25	26	26	26	25	25	25	25	25	24	24
25.50	26	26	26	26	26	25	25	25	25	25
25.75	27	26	26	26	26	26	25	25	25	25
26.00	27	27	27	26	26	26	26	26	25	25
26.25	27	27	27	27	27	26	26	26	26	26
26.50	28	28	27	27	27	27	27	26	26	26
26.75	28	28	28	28	27	27	27	27	27	26
27.00	28	28	28	28	28	27	27	27	27	27
27.25	29	29	28	28	28	28	28	27	27	27
27.50	29	29	29	29	28	28	28	28	28	27



CIRCUM VALUE	HEIGHT (INCHES)									
	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
27.75	30	29	29	29	29	28	28	28	28	28
28.00	30	30	29	29	29	29	29	28	28	28
28.25	30	30	30	30	29	29	29	29	29	28
28.50	31	30	30	30	30	30	29	29	29	29
28.75	31	31	30	30	30	30	30	29	29	29
29.00	31	31	31	31	30	30	30	30	30	29
29.25	32	31	31	31	31	31	30	30	30	30
29.50	32	32	31	31	31	31	31	30	30	30
29.75	32	32	32	32	31	31	31	31	31	30
30.00	33	32	32	32	32	32	31	31	31	31
30.25	33	33	32	32	32	32	32	31	31	31
30.50	33	33	33	33	32	32	32	32	32	31
30.75	34	33	33	33	33	32	32	32	32	32
31.00	34	34	33	33	33	33	33	32	32	32
31.25	34	34	34	34	33	33	33	33	33	32
31.50	34	34	34	34	34	33	33	33	33	33
31.75	35	35	34	34	34	34	34	33	33	33
32.00	35	35	35	34	34	34	34	34	33	33
32.25	35	35	35	35	35	34	34	34	34	34
32.50	36	35	35	35	35	35	34	34	34	34
32.75	36	36	36	35	35	35	35	35	34	34
33.00	36	36	36	36	35	35	35	35	35	34
33.25	37	36	36	36	36	36	35	35	35	35
33.50	37	37	36	36	36	36	36	35	35	35
33.75	37	37	37	37	36	36	36	36	36	35
34.00	37	37	37	37	37	36	36	36	36	36
34.25	38	38	37	37	37	37	37	36	36	36
34.50	38	38	38	37	37	37	37	37	36	36
34.75	38	38	38	38	38	37	37	37	37	36

CIRCUM VALUE	HEIGHT (INCHES)									
	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
35.00	39	38	38	38	38	38	37	37	37	37
35.25	39	39	39	38	38	38	38	37	37	37
35.50	39	39	39	39	38	38	38	38	38	37

<b>CIRCUM VALUE</b>	<b>HEIGHT (INCHES)</b>									
	<b>75.0</b>	<b>75.5</b>	<b>76.0</b>	<b>76.5</b>	<b>77.0</b>	<b>77.5</b>	<b>78.0</b>	<b>78.5</b>	<b>79.0</b>	<b>79.5</b>
<b>35.75</b>	<b>40</b>	<b>39</b>	<b>39</b>	<b>39</b>	<b>39</b>	<b>38</b>	<b>38</b>	<b>38</b>	<b>38</b>	<b>38</b>
<b>36.00</b>	<b>40</b>	<b>40</b>	<b>39</b>	<b>39</b>	<b>39</b>	<b>39</b>	<b>39</b>	<b>38</b>	<b>38</b>	<b>38</b>
<b>36.25</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>39</b>	<b>39</b>	<b>39</b>	<b>39</b>	<b>39</b>	<b>38</b>	<b>38</b>
<b>36.50</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>39</b>	<b>39</b>	<b>39</b>	<b>39</b>	<b>39</b>	<b>38</b>
<b>36.75</b>	<b>41</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>39</b>	<b>39</b>	<b>39</b>	<b>39</b>
<b>37.00</b>	<b>41</b>	<b>41</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>39</b>	<b>39</b>	<b>39</b>
<b>37.25</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>39</b>	<b>39</b>
<b>37.50</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>
<b>37.75</b>	<b>42</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>
<b>38.00</b>	<b>42</b>	<b>42</b>	<b>42</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>40</b>	<b>40</b>	<b>40</b>
<b>38.25</b>	<b>42</b>	<b>42</b>	<b>42</b>	<b>42</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>40</b>
<b>38.50</b>	<b>42</b>	<b>42</b>	<b>42</b>	<b>42</b>	<b>42</b>	<b>42</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>
<b>38.75</b>	<b>43</b>	<b>43</b>	<b>42</b>	<b>42</b>	<b>42</b>	<b>42</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>

## Attachment 5

## BODY FAT PERCENT TABLES FOR FEMALES

CIRCUM VALUE	HEIGHT (INCHES)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
34.50	0	0	0	0	0	0	0	0	0	0
34.75	1	0	0	0	0	0	0	0	0	0
35.00	2	1	0	0	0	0	0	0	0	0
35.25	2	2	1	1	0	0	0	0	0	0
35.50	3	2	2	2	1	0	0	0	0	0
35.75	3	3	2	2	2	1	0	0	0	0
36.00	4	3	3	3	2	2	1	1	0	0
36.25	4	4	3	3	3	2	2	2	1	0
36.50	5	4	4	4	3	3	2	2	2	1
36.75	5	5	4	4	4	3	3	3	2	2
37.00	6	5	5	4	4	4	3	3	3	2
37.25	6	6	5	5	5	4	4	3	3	3
37.50	7	6	6	5	5	5	4	4	4	3
37.75	7	7	6	6	6	5	5	4	4	4
38.00	7	7	7	6	6	6	5	5	5	4
38.25	8	8	7	7	6	6	6	5	5	5
38.50	8	8	8	7	7	7	6	6	5	5
38.75	9	8	8	8	7	7	7	6	6	6
39.00	9	9	9	8	8	7	7	7	6	6
39.25	10	9	9	9	8	8	8	7	7	6
39.50	10	10	9	9	9	8	8	8	7	7
39.75	11	10	10	9	9	9	8	8	8	7
40.00	11	11	10	10	10	9	9	8	8	8
40.25	11	11	11	10	10	10	9	9	9	8
40.50	12	12	11	11	10	10	10	9	9	9
40.75	12	12	12	11	11	11	10	10	9	9
41.00	13	12	12	12	11	11	11	10	10	10
41.25	13	13	12	12	12	11	11	11	10	10
41.50	14	13	13	13	12	12	11	11	11	10
41.75	14	14	13	13	13	12	12	11	11	11
42.00	14	14	14	13	13	13	12	12	12	11
42.25	15	15	14	14	13	13	13	12	12	12

CIRCUM VALUE	HEIGHT (INCHES)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
42.50	15	15	15	14	14	13	13	13	12	12
42.75	16	15	15	15	14	14	13	13	13	12
43.00	16	16	15	15	15	14	14	14	13	13
43.25	17	16	16	15	15	15	14	14	14	13
43.50	17	17	16	16	15	15	15	14	14	14
43.75	17	17	17	16	16	15	15	15	14	14
44.00	18	17	17	17	16	16	16	15	15	14
44.25	18	18	17	17	17	16	16	16	15	15
44.50	19	18	18	17	17	17	16	16	16	15
44.75	19	19	18	18	17	17	17	16	16	16
45.00	19	19	19	18	18	17	17	17	16	16
45.25	20	19	19	19	18	18	17	17	17	16
45.50	20	20	19	19	19	18	18	18	17	17
45.75	20	20	20	19	19	19	18	18	18	17

CIRCUM VALUE	HEIGHT (INCHES)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
46.00	21	20	20	20	19	19	19	18	18	18
46.25	21	21	20	20	20	19	19	19	18	18
46.50	22	21	21	20	20	20	19	19	19	18
46.75	22	22	21	21	20	20	20	19	19	19
47.00	22	22	22	21	21	20	20	20	19	19
47.25	23	22	22	22	21	21	21	20	20	19
47.50	23	23	22	22	22	21	21	21	20	20
47.75	23	23	23	22	22	22	21	21	21	20
48.00	24	23	23	23	22	22	22	21	21	21
48.25	24	24	23	23	23	22	22	22	21	21
48.50	25	24	24	23	23	23	22	22	22	21
48.75	25	25	24	24	23	23	23	22	22	22
49.00	25	25	25	24	24	23	23	23	22	22
49.25	26	25	25	25	24	24	23	23	23	22
49.50	26	26	25	25	24	24	24	23	23	23
49.75	26	26	26	25	25	24	24	24	23	23
50.00	27	26	26	26	25	25	24	24	24	23
50.25	27	27	26	26	26	25	25	24	24	24

CIRCUM VALUE	HEIGHT (INCHES)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
50.50	27	27	27	26	26	26	25	25	24	24
50.75	28	27	27	27	26	26	26	25	25	24
51.00	28	28	27	27	27	26	26	25	25	25
51.25	28	28	28	27	27	27	26	26	25	25
51.50	29	28	28	28	27	27	27	26	26	25
51.75	29	29	28	28	28	27	27	27	26	26
52.00	29	29	29	28	28	28	27	27	27	26
52.25	30	29	29	29	28	28	28	27	27	26
52.50	30	30	29	29	29	28	28	28	27	27
52.75	30	30	30	29	29	29	28	28	28	27
53.00	31	30	30	30	29	29	29	28	28	27
53.25	31	31	30	30	30	29	29	29	28	28
53.50	31	31	31	30	30	30	29	29	28	28
53.75	32	31	31	31	30	30	30	29	29	28
54.00	32	32	31	31	31	30	30	30	29	29
54.25	32	32	32	31	31	31	30	30	29	29
54.50	33	32	32	32	31	31	31	30	30	29
54.75	33	33	32	32	32	31	31	30	30	30
55.00	33	33	33	32	32	32	31	31	30	30
55.25	34	33	33	33	32	32	31	31	31	30
55.50	34	34	33	33	33	32	32	31	31	31
55.75	34	34	34	33	33	32	32	32	31	31
56.00	35	34	34	33	33	33	32	32	32	31
56.25	35	35	34	34	33	33	33	32	32	32
56.50	35	35	34	34	34	33	33	33	32	32
56.75	36	35	35	34	34	34	33	33	33	32
57.00	36	35	35	35	34	34	34	33	33	33
57.25	36	36	35	35	35	34	34	34	33	33
57.50	36	36	36	35	35	35	34	34	34	33
57.75	37	36	36	36	35	35	35	34	34	33

CIRCUM VALUE	HEIGHT (INCHES)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
58.00	37	37	36	36	36	35	35	35	34	34
58.25	37	37	37	36	36	36	35	35	34	34
58.50	38	37	37	37	36	36	35	35	35	34
58.75	38	38	37	37	36	36	36	35	35	35
59.00	38	38	38	37	37	36	36	36	35	35
59.25	39	38	38	37	37	37	36	36	36	35
59.50	39	38	38	38	37	37	37	36	36	36
59.75	39	39	38	38	38	37	37	37	36	36
60.00	39	39	39	38	38	38	37	37	37	36
60.25	40	39	39	39	38	38	38	37	37	36
60.50	40	40	39	39	39	38	38	37	37	37
60.75	40	40	40	39	39	38	38	38	37	37
61.00	41	40	40	39	39	39	38	38	38	37
61.25	41	41	40	40	39	39	39	38	38	38
61.50	41	41	40	40	40	39	39	39	38	38
61.75	41	41	41	40	40	40	39	39	39	38
62.00	42	41	41	41	40	40	40	39	39	38
62.25	42	42	41	41	41	40	40	39	39	39
62.50	42	42	42	41	41	40	40	40	39	39
62.75	43	42	42	41	41	41	40	40	40	39
63.00	43	42	42	42	41	41	41	40	40	40
63.25	43	43	42	42	42	41	41	41	40	40
63.50	43	43	43	42	42	42	41	41	40	40
63.75	44	43	43	43	42	42	41	41	41	40
64.00	44	44	43	43	42	42	42	41	41	41
64.25	44	44	43	43	43	42	42	42	41	41
64.50	45	44	44	43	43	43	42	42	42	41
64.75	45	44	44	44	43	43	43	42	42	42
65.00	45	45	44	44	44	43	43	42	42	42
65.25	45	45	45	44	44	43	43	43	42	42
65.50	46	45	45	44	44	44	43	43	43	42
65.75	46	45	45	45	44	44	44	43	43	43
66.00	46	46	45	45	45	44	44	44	43	43
66.25	46	46	46	45	45	45	44	44	43	43
66.50	47	46	46	46	45	45	44	44	44	43

CIRCUM VALUE	HEIGHT (INCHES)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
66.75	47	47	46	46	45	45	45	44	44	44
67.00	47	47	46	46	46	45	45	45	44	44
67.25	47	47	47	46	46	46	45	45	45	44
67.50	48	47	47	47	46	46	45	45	45	44
67.75	48	48	47	47	46	46	46	45	45	45
68.00	48	48	47	47	47	46	46	46	45	45
68.25	48	48	48	47	47	47	46	46	46	45
68.50	49	48	48	48	47	47	47	46	46	45
68.75	49	49	48	48	47	47	47	46	46	46
69.00	49	49	48	48	48	47	47	47	46	46
69.25	49	49	49	48	48	48	47	47	47	46
69.50	50	49	49	49	48	48	48	47	47	46
69.75	50	50	49	49	49	48	48	47	47	47

CIRCUM VALUE	HEIGHT (INCHES)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
70.00	50	50	49	49	49	48	48	48	47	47
70.25	50	50	50	49	49	49	48	48	48	47
70.50	51	50	50	50	49	49	49	48	48	47
70.75	51	51	50	50	50	49	49	48	48	48
71.00	51	51	50	50	50	49	49	49	48	48
71.25	51	51	51	50	50	50	49	49	49	48
71.50	52	51	51	51	50	50	50	49	49	48
71.75	52	52	51	51	50	50	50	49	49	49
72.00	52	52	51	51	51	50	50	50	49	49
72.25	52	52	52	51	51	51	50	50	50	49
72.50	53	52	52	52	51	51	50	50	50	49
72.75	53	53	52	52	51	51	51	50	50	50
73.00	53	53	52	52	52	51	51	51	50	50
73.25	53	53	53	52	52	52	51	51	51	50
73.50	54	53	53	53	52	52	51	51	51	50
73.75	54	54	53	53	52	52	52	51	51	51
74.00	54	54	53	53	53	52	52	52	51	51
74.25	54	54	54	53	53	53	52	52	51	51
74.50	55	54	54	53	53	53	52	52	52	51

CIRCUM VALUE	HEIGHT (INCHES)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
74.75	55	54	54	54	53	53	53	52	52	52
75.00	55	55	54	54	54	53	53	53	52	52
75.25	55	55	55	54	54	53	53	53	52	52
75.50	56	55	55	54	54	54	53	53	53	52
75.75	56	55	55	55	54	54	54	53	53	53

CIRCUM VALUE	HEIGHT (INCHES)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
34.50	0	0	0	0	0	0	0	0	0	0
34.75	0	0	0	0	0	0	0	0	0	0
35.00	0	0	0	0	0	0	0	0	0	0
35.25	0	0	0	0	0	0	0	0	0	0
35.50	0	0	0	0	0	0	0	0	0	0
35.75	0	0	0	0	0	0	0	0	0	0
36.00	0	0	0	0	0	0	0	0	0	0
36.25	0	0	0	0	0	0	0	0	0	0
36.50	1	0	0	0	0	0	0	0	0	0
36.75	1	1	0	0	0	0	0	0	0	0
37.00	2	2	1	0	0	0	0	0	0	0
37.25	2	2	2	1	1	0	0	0	0	0
37.50	3	3	2	2	2	1	0	0	0	0
37.75	3	3	3	2	2	2	1	1	0	0
38.00	4	3	3	3	2	2	2	1	1	0
38.25	4	4	4	3	3	3	2	2	2	1
38.50	5	4	4	4	3	3	3	2	2	2
38.75	5	5	5	4	4	3	3	3	3	2
39.00	6	5	5	5	4	4	4	3	3	3
39.25	6	6	5	5	5	4	4	4	3	3
39.50	7	6	6	6	5	5	5	4	4	4
39.75	7	7	6	6	6	5	5	5	4	4
40.00	7	7	7	6	6	6	5	5	5	4
40.25	8	8	7	7	6	6	6	5	5	5
40.50	8	8	8	7	7	7	6	6	6	5
40.75	9	8	8	8	7	7	7	6	6	6
41.00	9	9	8	8	8	7	7	7	6	6



CIRCUM VALUE	HEIGHT (INCHES)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
41.25	10	9	9	9	8	8	8	7	7	7
41.50	10	10	9	9	9	8	8	8	7	7
41.75	10	10	10	9	9	9	8	8	8	7
42.00	11	10	10	10	9	9	9	8	8	8
42.25	11	11	11	10	10	10	9	9	9	8
42.50	12	11	11	11	10	10	10	9	9	9
42.75	12	12	11	11	11	10	10	10	9	9
43.00	12	12	12	11	11	11	10	10	10	9
43.25	13	13	12	12	12	11	11	11	10	10
43.50	13	13	13	12	12	12	11	11	11	10
43.75	14	13	13	13	12	12	12	11	11	11
44.00	14	14	13	13	13	12	12	12	11	11
44.25	14	14	14	13	13	13	12	12	12	11
44.50	15	15	14	14	14	13	13	13	12	12
44.75	15	15	15	14	14	14	13	13	13	12
45.00	16	15	15	15	14	14	14	13	13	13
45.25	16	16	15	15	15	14	14	14	13	13
45.50	16	16	16	15	15	15	14	14	14	13
45.75	17	16	16	16	15	15	15	14	14	14

CIRCUM VALUE	HEIGHT (INCHES)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
46.00	17	17	17	16	16	16	15	15	15	14
46.25	18	17	17	17	16	16	16	15	15	15
46.50	18	18	17	17	17	16	16	16	15	15
46.75	18	18	18	17	17	17	16	16	16	15
47.00	19	18	18	18	17	17	17	16	16	16
47.25	19	19	18	18	18	17	17	17	16	16
47.50	19	19	19	18	18	18	17	17	17	16
47.75	20	19	19	19	18	18	18	17	17	17
48.00	20	20	20	19	19	18	18	18	18	17
48.25	21	20	20	20	19	19	19	18	18	18
48.50	21	21	20	20	20	19	19	19	18	18
48.75	21	21	21	20	20	20	19	19	19	18
49.00	22	21	21	21	20	20	20	19	19	19

CIRCUM VALUE	HEIGHT (INCHES)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
49.25	22	22	21	21	21	20	20	20	19	19
49.50	22	22	22	21	21	21	20	20	20	19
49.75	23	22	22	22	21	21	21	20	20	20
50.00	23	23	22	22	22	21	21	21	20	20
50.25	23	23	23	22	22	22	21	21	21	20
50.50	24	23	23	23	22	22	22	21	21	21
50.75	24	24	23	23	23	22	22	22	21	21
51.00	24	24	24	23	23	23	22	22	22	21
51.25	25	24	24	24	23	23	23	22	22	22
51.50	25	25	24	24	24	23	23	23	22	22
51.75	25	25	25	24	24	24	23	23	23	22
52.00	26	25	25	25	24	24	24	23	23	23
52.25	26	26	25	25	25	24	24	24	23	23
52.50	26	26	26	25	25	25	24	24	24	23
52.75	27	26	26	26	25	25	25	24	24	24
53.00	27	27	26	26	26	25	25	25	24	24
53.25	27	27	27	26	26	26	25	25	25	24
53.50	28	27	27	27	26	26	26	25	25	25
53.75	28	28	27	27	27	26	26	26	25	25
54.00	28	28	28	27	27	27	26	26	26	25
54.25	29	28	28	28	27	27	27	26	26	26
54.50	29	29	28	28	28	27	27	27	26	26
54.75	29	29	29	28	28	28	27	27	27	26
55.00	30	29	29	29	28	28	28	27	27	27
55.25	30	30	29	29	29	28	28	28	27	27
55.50	30	30	30	29	29	29	28	28	28	27
55.75	31	30	30	30	29	29	29	28	28	28
56.00	31	31	30	30	30	29	29	29	28	28
56.25	31	31	31	30	30	30	29	29	29	28
56.50	32	31	31	31	30	30	30	29	29	29
56.75	32	32	31	31	31	30	30	30	29	29
57.00	32	32	32	31	31	31	30	30	30	29
57.25	33	32	32	32	31	31	31	30	30	30
57.50	33	32	32	32	31	31	31	30	30	30
57.75	33	33	32	32	32	31	31	31	30	30

CIRCUM VALUE	HEIGHT (INCHES)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
58.00	33	33	33	32	32	32	31	31	31	30
58.25	34	33	33	33	32	32	32	31	31	31
58.50	34	34	33	33	33	32	32	32	31	31
58.75	34	34	34	33	33	33	32	32	32	31
59.00	35	34	34	34	33	33	33	32	32	32
59.25	35	35	34	34	34	33	33	33	32	32
59.50	35	35	35	34	34	34	33	33	33	32
59.75	36	35	35	35	34	34	33	33	33	33
60.00	36	35	35	35	34	34	34	33	33	33
60.25	36	36	35	35	35	34	34	34	33	33
60.50	36	36	36	35	35	35	34	34	34	33
60.75	37	36	36	36	35	35	35	34	34	34
61.00	37	37	36	36	36	35	35	35	34	34
61.25	37	37	37	36	36	36	35	35	35	34
61.50	38	37	37	37	36	36	36	35	35	35
61.75	38	37	37	37	36	36	36	35	35	35
62.00	38	38	37	37	37	36	36	36	35	35
62.25	38	38	38	37	37	37	36	36	36	35
62.50	39	38	38	38	37	37	37	36	36	36
62.75	39	39	38	38	38	37	37	37	36	36
63.00	39	39	39	38	38	38	37	37	37	36
63.25	40	39	39	38	38	38	37	37	37	37
63.50	40	39	39	39	38	38	38	37	37	37
63.75	40	40	39	39	39	38	38	38	37	37
64.00	40	40	40	39	39	39	38	38	38	37
64.25	41	40	40	40	39	39	39	38	38	38
64.50	41	41	40	40	40	39	39	39	38	38
64.75	41	41	40	40	40	39	39	39	38	38
65.00	41	41	41	40	40	40	39	39	39	38
65.25	42	41	41	41	40	40	40	39	39	39
65.50	42	42	41	41	41	40	40	40	39	39
65.75	42	42	42	41	41	41	40	40	40	39
66.00	43	42	42	41	41	41	40	40	40	39
66.25	43	42	42	42	41	41	41	40	40	40
66.50	43	43	42	42	42	41	41	41	40	40

CIRCUM VALUE	HEIGHT (INCHES)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
66.75	43	43	43	42	42	42	41	41	41	40
67.00	44	43	43	43	42	42	42	41	41	41
67.25	44	43	43	43	42	42	42	41	41	41
67.50	44	44	43	43	43	42	42	42	41	41
67.75	44	44	44	43	43	43	42	42	42	41
68.00	45	44	44	44	43	43	43	42	42	42
68.25	45	45	44	44	43	43	43	42	42	42
68.50	45	45	44	44	44	43	43	43	42	42
68.75	45	45	45	44	44	44	43	43	43	42
69.00	46	45	45	45	44	44	44	43	43	43
69.25	46	46	45	45	44	44	44	44	43	43
69.50	46	46	45	45	45	44	44	44	43	43
69.75	46	46	46	45	45	45	44	44	44	43

CIRCUM VALUE	HEIGHT (INCHES)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
70.00	47	46	46	46	45	45	45	44	44	44
70.25	47	47	46	46	46	45	45	45	44	44
70.50	47	47	46	46	46	45	45	45	44	44
70.75	47	47	47	46	46	46	45	45	45	44
71.00	48	47	47	47	46	46	46	45	45	45
71.25	48	48	47	47	46	46	46	45	45	45
71.50	48	48	47	47	47	46	46	46	45	45
71.75	48	48	48	47	47	47	46	46	46	45
72.00	49	48	48	48	47	47	47	46	46	46
72.25	49	48	48	48	47	47	47	46	46	46
72.50	49	49	48	48	48	47	47	47	46	46
72.75	49	49	49	48	48	48	47	47	47	46
73.00	50	49	49	49	48	48	48	47	47	47
73.25	50	49	49	49	48	48	48	47	47	47
73.50	50	50	49	49	49	48	48	48	47	47
73.75	50	50	50	49	49	49	48	48	48	47
74.00	51	50	50	49	49	49	48	48	48	47
74.25	51	50	50	50	49	49	49	48	48	48
74.50	51	51	50	50	50	49	49	49	48	48

CIRCUM VALUE	HEIGHT (INCHES)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
74.75	51	51	51	50	50	50	49	49	49	48
75.00	51	51	51	50	50	50	49	49	49	48
75.25	52	51	51	51	50	50	50	49	49	49
75.50	52	52	51	51	51	50	50	50	49	49
75.75	52	52	51	51	51	50	50	50	49	49

CIRCUM VALUE	HEIGHT (INCHES)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
34.50	0	0	0	0	0	0	0	0	0	0
34.75	0	0	0	0	0	0	0	0	0	0
35.00	0	0	0	0	0	0	0	0	0	0
35.25	0	0	0	0	0	0	0	0	0	0
35.50	0	0	0	0	0	0	0	0	0	0
35.75	0	0	0	0	0	0	0	0	0	0
36.00	0	0	0	0	0	0	0	0	0	0
36.25	0	0	0	0	0	0	0	0	0	0
36.50	0	0	0	0	0	0	0	0	0	0
36.75	0	0	0	0	0	0	0	0	0	0
37.00	0	0	0	0	0	0	0	0	0	0
37.25	0	0	0	0	0	0	0	0	0	0
37.50	0	0	0	0	0	0	0	0	0	0
37.75	0	0	0	0	0	0	0	0	0	0
38.00	0	0	0	0	0	0	0	0	0	0
38.25	0	0	0	0	0	0	0	0	0	0
38.50	1	1	0	0	0	0	0	0	0	0
38.75	2	2	1	0	0	0	0	0	0	0
39.00	2	2	2	1	1	0	0	0	0	0
39.25	3	2	2	2	1	1	0	0	0	0
39.50	3	3	3	2	2	2	1	1	0	0
39.75	4	3	3	3	2	2	2	1	1	0
40.00	4	4	3	3	3	3	2	2	2	1
40.25	5	4	4	4	3	3	3	2	2	1
40.50	5	5	4	4	4	3	3	3	2	2
40.75	5	5	5	4	4	4	3	3	3	3
41.00	6	5	5	5	5	4	4	4	3	3

CIRCUM VALUE	HEIGHT (INCHES)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
41.25	6	6	6	5	5	5	4	4	4	3
41.50	7	6	6	6	5	5	5	4	4	4
41.75	7	7	6	6	6	6	5	5	5	4
42.00	8	7	7	7	6	6	6	5	5	5
42.25	8	8	7	7	7	6	6	6	5	5
42.50	8	8	8	7	7	7	6	6	6	6
42.75	9	8	8	8	7	7	7	7	6	6
43.00	9	9	9	8	8	8	7	7	7	6
43.25	10	9	9	9	8	8	8	7	7	7
43.50	10	10	9	9	9	8	8	8	7	7
43.75	10	10	10	9	9	9	8	8	8	8
44.00	11	10	10	10	9	9	9	9	8	8
44.25	11	11	11	10	10	10	9	9	9	8
44.50	12	11	11	11	10	10	10	9	9	9
44.75	12	12	11	11	11	10	10	10	9	9
45.00	12	12	12	11	11	11	10	10	10	10
45.25	13	12	12	12	11	11	11	11	10	10
45.50	13	13	12	12	12	12	11	11	11	10
45.75	13	13	13	13	12	12	12	11	11	11

CIRCUM VALUE	HEIGHT (INCHES)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
46.00	14	14	13	13	13	12	12	12	11	11
46.25	14	14	14	13	13	13	12	12	12	11
46.50	15	14	14	14	13	13	13	12	12	12
46.75	15	15	14	14	14	13	13	13	13	12
47.00	15	15	15	14	14	14	13	13	13	13
47.25	16	15	15	15	14	14	14	14	13	13
47.50	16	16	15	15	15	15	14	14	14	13
47.75	16	16	16	16	15	15	15	14	14	14
48.00	17	17	16	16	16	15	15	15	14	14
48.25	17	17	17	16	16	16	15	15	15	14
48.50	18	17	17	17	16	16	16	15	15	15
48.75	18	18	17	17	17	16	16	16	15	15
49.00	18	18	18	17	17	17	16	16	16	15

CIRCUM VALUE	HEIGHT (INCHES)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
49.25	19	18	18	18	17	17	17	16	16	16
49.50	19	19	18	18	18	17	17	17	17	16
49.75	19	19	19	18	18	18	17	17	17	17
50.00	20	19	19	19	18	18	18	18	17	17
50.25	20	20	19	19	19	18	18	18	18	17
50.50	20	20	20	19	19	19	19	18	18	18
50.75	21	20	20	20	19	19	19	19	18	18
51.00	21	21	20	20	20	20	19	19	19	18
51.25	21	21	21	20	20	20	20	19	19	19
51.50	22	21	21	21	21	20	20	20	19	19
51.75	22	22	21	21	21	21	20	20	20	19
52.00	22	22	22	22	21	21	21	20	20	20
52.25	23	22	22	22	22	21	21	21	20	20
52.50	23	23	22	22	22	22	21	21	21	20
52.75	23	23	23	23	22	22	22	21	21	21
53.00	24	23	23	23	23	22	22	22	21	21
53.25	24	24	23	23	23	23	22	22	22	21
53.50	24	24	24	23	23	23	23	22	22	22
53.75	25	24	24	24	24	23	23	23	22	22
54.00	25	25	24	24	24	24	23	23	23	22
54.25	25	25	25	24	24	24	24	23	23	23
54.50	26	25	25	25	24	24	24	24	23	23
54.75	26	26	25	25	25	24	24	24	24	23
55.00	26	26	26	25	25	25	24	24	24	24
55.25	27	26	26	26	25	25	25	25	24	24
55.50	27	27	26	26	26	25	25	25	25	24
55.75	27	27	27	26	26	26	25	25	25	25
56.00	28	27	27	27	26	26	26	25	25	25
56.25	28	28	27	27	27	26	26	26	25	25
56.50	28	28	28	27	27	27	26	26	26	25
56.75	29	28	28	28	27	27	27	26	26	26
57.00	29	29	28	28	28	27	27	27	26	26
57.25	29	29	29	28	28	28	27	27	27	26
57.50	30	29	29	29	28	28	28	27	27	27
57.75	30	29	29	29	29	28	28	28	27	27

CIRCUM VALUE	HEIGHT (INCHES)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
58.00	30	30	29	29	29	29	28	28	28	27
58.25	30	30	30	29	29	29	29	28	28	28
58.50	31	30	30	30	29	29	29	29	28	28
58.75	31	31	30	30	30	29	29	29	29	28
59.00	31	31	31	30	30	30	29	29	29	28
59.25	32	31	31	31	30	30	30	29	29	29
59.50	32	32	31	31	31	30	30	30	29	29
59.75	32	32	32	31	31	31	30	30	30	29
60.00	32	32	32	32	31	31	31	30	30	30
60.25	33	32	32	32	32	31	31	31	30	30
60.50	33	33	32	32	32	31	31	31	31	30
60.75	33	33	33	32	32	32	31	31	31	31
61.00	34	33	33	33	32	32	32	31	31	31
61.25	34	34	33	33	33	32	32	32	31	31
61.50	34	34	34	33	33	33	32	32	32	31
61.75	34	34	34	34	33	33	33	32	32	32
62.00	35	34	34	34	34	33	33	33	32	32
62.25	35	35	34	34	34	33	33	33	33	32
62.50	35	35	35	34	34	34	33	33	33	33
62.75	36	35	35	35	34	34	34	33	33	33
63.00	36	36	35	35	35	34	34	34	33	33
63.25	36	36	36	35	35	35	34	34	34	33
63.50	36	36	36	35	35	35	35	34	34	34
63.75	37	36	36	36	35	35	35	35	34	34
64.00	37	37	36	36	36	35	35	35	35	34
64.25	37	37	37	36	36	36	35	35	35	34
64.50	38	37	37	37	36	36	36	35	35	35
64.75	38	37	37	37	37	36	36	36	35	35
65.00	38	38	37	37	37	37	36	36	36	35
65.25	38	38	38	37	37	37	36	36	36	36
65.50	39	38	38	38	37	37	37	36	36	36
65.75	39	39	38	38	38	37	37	37	36	36
66.00	39	39	39	38	38	38	37	37	37	36
66.25	39	39	39	38	38	38	38	37	37	37
66.50	40	39	39	39	38	38	38	37	37	37



CIRCUM VALUE	HEIGHT (INCHES)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
66.75	40	40	39	39	39	38	38	38	37	37
67.00	40	40	40	39	39	39	38	38	38	37
67.25	40	40	40	40	39	39	39	38	38	38
67.50	41	40	40	40	39	39	39	39	38	38
67.75	41	41	40	40	40	39	39	39	38	38
68.00	41	41	41	40	40	40	39	39	39	38
68.25	42	41	41	41	40	40	40	39	39	39
68.50	42	41	41	41	40	40	40	40	39	39
68.75	42	42	41	41	41	40	40	40	40	39
69.00	42	42	42	41	41	41	40	40	40	39
69.25	43	42	42	42	41	41	41	40	40	40
69.50	43	42	42	42	42	41	41	41	40	40
69.75	43	43	42	42	42	41	41	41	41	40

CIRCUM VALUE	HEIGHT (INCHES)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
70.00	43	43	43	42	42	42	41	41	41	40
70.25	44	43	43	43	42	42	42	41	41	41
70.50	44	43	43	43	43	42	42	42	41	41
70.75	44	44	43	43	43	42	42	42	42	41
71.00	44	44	44	43	43	43	42	42	42	41
71.25	45	44	44	44	43	43	43	42	42	42
71.50	45	44	44	44	43	43	43	43	42	42
71.75	45	45	44	44	44	43	43	43	43	42
72.00	45	45	45	44	44	44	43	43	43	42
72.25	45	45	45	45	44	44	44	43	43	43
72.50	46	45	45	45	44	44	44	44	43	43
72.75	46	46	45	45	45	44	44	44	43	43
73.00	46	46	46	45	45	45	44	44	44	43
73.25	46	46	46	46	45	45	45	44	44	44
73.50	47	46	46	46	45	45	45	44	44	44
73.75	47	47	46	46	46	45	45	45	44	44
74.00	47	47	47	46	46	46	45	45	45	44
74.25	47	47	47	46	46	46	46	45	45	45
74.50	48	47	47	47	46	46	46	45	45	45

CIRCUM VALUE	HEIGHT (INCHES)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
74.75	48	48	47	47	47	46	46	46	45	45
75.00	48	48	47	47	47	47	46	46	46	45
75.25	48	48	48	47	47	47	46	46	46	46
75.50	49	48	48	48	47	47	47	46	46	46
75.75	49	48	48	48	48	47	47	47	46	46

CIRCUM VALUE	HEIGHT (INCHES)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
34.50	0	0	0	0	0	0	0	0	0	0
34.75	0	0	0	0	0	0	0	0	0	0
35.00	0	0	0	0	0	0	0	0	0	0
35.25	0	0	0	0	0	0	0	0	0	0
35.50	0	0	0	0	0	0	0	0	0	0
35.75	0	0	0	0	0	0	0	0	0	0
36.00	0	0	0	0	0	0	0	0	0	0
36.25	0	0	0	0	0	0	0	0	0	0
36.50	0	0	0	0	0	0	0	0	0	0
36.75	0	0	0	0	0	0	0	0	0	0
37.00	0	0	0	0	0	0	0	0	0	0
37.25	0	0	0	0	0	0	0	0	0	0
37.50	0	0	0	0	0	0	0	0	0	0
37.75	0	0	0	0	0	0	0	0	0	0
38.00	0	0	0	0	0	0	0	0	0	0
38.25	0	0	0	0	0	0	0	0	0	0
38.50	0	0	0	0	0	0	0	0	0	0
38.75	0	0	0	0	0	0	0	0	0	0
39.00	0	0	0	0	0	0	0	0	0	0
39.25	0	0	0	0	0	0	0	0	0	0
39.50	0	0	0	0	0	0	0	0	0	0
39.75	0	0	0	0	0	0	0	0	0	0
40.00	0	0	0	0	0	0	0	0	0	0
40.25	1	1	0	0	0	0	0	0	0	0
40.50	2	2	1	0	0	0	0	0	0	0
40.75	2	2	2	1	1	0	0	0	0	0
41.00	3	2	2	2	2	1	0	0	0	0

CIRCUM VALUE	HEIGHT (INCHES)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
41.25	3	3	3	2	2	2	1	1	0	0
41.50	4	3	3	3	2	2	2	2	1	0
41.75	4	4	3	3	3	3	2	2	2	1
42.00	4	4	4	4	3	3	3	2	2	2
42.25	5	5	4	4	4	3	3	3	2	2
42.50	5	5	5	4	4	4	3	3	3	3
42.75	6	5	5	5	4	4	4	4	3	3
43.00	6	6	5	5	5	5	4	4	4	3
43.25	6	6	6	6	5	5	5	4	4	4
43.50	7	7	6	6	6	5	5	5	5	4
43.75	7	7	7	6	6	6	5	5	5	5
44.00	8	7	7	7	6	6	6	6	5	5
44.25	8	8	7	7	7	7	6	6	6	5
44.50	8	8	8	8	7	7	7	6	6	6
44.75	9	9	8	8	8	7	7	7	7	6
45.00	9	9	9	8	8	8	7	7	7	7
45.25	10	9	9	9	8	8	8	8	7	7
45.50	10	10	9	9	9	9	8	8	8	7
45.75	10	10	10	9	9	9	9	8	8	8

CIRCUM VALUE	HEIGHT (INCHES)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
46.00	11	10	10	10	10	9	9	9	8	8
46.25	11	11	11	10	10	10	9	9	9	9
46.50	12	11	11	11	10	10	10	9	9	9
46.75	12	12	11	11	11	10	10	10	10	9
47.00	12	12	12	11	11	11	11	10	10	10
47.25	13	12	12	12	11	11	11	11	10	10
47.50	13	13	12	12	12	12	11	11	11	10
47.75	13	13	13	12	12	12	12	11	11	11
48.00	14	13	13	13	13	12	12	12	11	11
48.25	14	14	14	13	13	13	12	12	12	11
48.50	14	14	14	14	13	13	13	12	12	12
48.75	15	15	14	14	14	13	13	13	12	12
49.00	15	15	15	14	14	14	13	13	13	13

CIRCUM VALUE	HEIGHT (INCHES)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
49.25	16	15	15	15	14	14	14	13	13	13
49.50	16	16	15	15	15	14	14	14	14	13
49.75	16	16	16	15	15	15	14	14	14	14
50.00	17	16	16	16	15	15	15	15	14	14
50.25	17	17	16	16	16	15	15	15	15	14
50.50	17	17	17	16	16	16	16	15	15	15
50.75	18	17	17	17	16	16	16	16	15	15
51.00	18	18	17	17	17	17	16	16	16	15
51.25	18	18	18	17	17	17	17	16	16	16
51.50	19	18	18	18	17	17	17	17	16	16
51.75	19	19	18	18	18	18	17	17	17	16
52.00	19	19	19	18	18	18	18	17	17	17
52.25	20	19	19	19	19	18	18	18	17	17
52.50	20	20	19	19	19	19	18	18	18	17
52.75	20	20	20	19	19	19	19	18	18	18
53.00	21	20	20	20	20	19	19	19	18	18
53.25	21	21	20	20	20	20	19	19	19	18
53.50	21	21	21	20	20	20	20	19	19	19
53.75	22	21	21	21	20	20	20	20	19	19
54.00	22	22	21	21	21	21	20	20	20	19
54.25	22	22	22	21	21	21	21	20	20	20
54.50	23	22	22	22	21	21	21	21	20	20
54.75	23	23	22	22	22	21	21	21	21	20
55.00	23	23	23	22	22	22	22	21	21	21
55.25	24	23	23	23	22	22	22	22	21	21
55.50	24	24	23	23	23	22	22	22	22	21
55.75	24	24	24	23	23	23	22	22	22	22
56.00	25	24	24	24	23	23	23	22	22	22
56.25	25	25	24	24	24	23	23	23	23	22
56.50	25	25	25	24	24	24	23	23	23	23
56.75	25	25	25	25	24	24	24	23	23	23
57.00	26	25	25	25	25	24	24	24	23	23
57.25	26	26	25	25	25	25	24	24	24	23
57.50	26	26	26	26	25	25	25	24	24	24
57.75	27	26	26	26	26	25	25	25	24	24

CIRCUM VALUE	HEIGHT (INCHES)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
58.00	27	27	26	26	26	26	25	25	25	24
58.25	27	27	27	26	26	26	26	25	25	25
58.50	28	27	27	27	26	26	26	26	25	25
58.75	28	28	27	27	27	26	26	26	26	25
59.00	28	28	28	27	27	27	26	26	26	26
59.25	28	28	28	28	27	27	27	26	26	26
59.50	29	28	28	28	28	27	27	27	26	26
59.75	29	29	28	28	28	28	27	27	27	26
60.00	29	29	29	28	28	28	28	27	27	27
60.25	30	29	29	29	28	28	28	28	27	27
60.50	30	30	29	29	29	28	28	28	28	27
60.75	30	30	30	29	29	29	28	28	28	28
61.00	31	30	30	30	29	29	29	28	28	28
61.25	31	31	30	30	30	29	29	29	28	28
61.50	31	31	31	30	30	30	29	29	29	28
61.75	31	31	31	30	30	30	30	29	29	29
62.00	32	31	31	31	30	30	30	30	29	29
62.25	32	32	31	31	31	30	30	30	30	29
62.50	32	32	32	31	31	31	30	30	30	30
62.75	33	32	32	32	31	31	31	30	30	30
63.00	33	32	32	32	32	31	31	31	30	30
63.25	33	33	32	32	32	32	31	31	31	30
63.50	33	33	33	32	32	32	32	31	31	31
63.75	34	33	33	33	32	32	32	32	31	31
64.00	34	34	33	33	33	32	32	32	32	31
64.25	34	34	34	33	33	33	32	32	32	32
64.50	34	34	34	34	33	33	33	32	32	32
64.75	35	34	34	34	34	33	33	33	32	32
65.00	35	35	34	34	34	34	33	33	33	32
65.25	35	35	35	34	34	34	33	33	33	33
65.50	36	35	35	35	34	34	34	33	33	33
65.75	36	35	35	35	35	34	34	34	33	33
66.00	36	36	35	35	35	35	34	34	34	33
66.25	36	36	36	35	35	35	35	34	34	34
66.50	37	36	36	36	35	35	35	35	34	34

CIRCUM VALUE	HEIGHT (INCHES)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
66.75	37	37	36	36	36	35	35	35	35	34
67.00	37	37	37	36	36	36	35	35	35	34
67.25	37	37	37	36	36	36	36	35	35	35
67.50	38	37	37	37	36	36	36	36	35	35
67.75	38	38	37	37	37	36	36	36	36	35
68.00	38	38	38	37	37	37	36	36	36	36
68.25	38	38	38	38	37	37	37	36	36	36
68.50	39	38	38	38	37	37	37	37	36	36
68.75	39	39	38	38	38	37	37	37	37	36
69.00	39	39	39	38	38	38	37	37	37	37
69.25	39	39	39	39	38	38	38	37	37	37
69.50	40	39	39	39	38	38	38	38	37	37
69.75	40	40	39	39	39	38	38	38	38	37

CIRCUM VALUE	HEIGHT (INCHES)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
70.00	40	40	40	39	39	39	38	38	38	38
70.25	40	40	40	40	39	39	39	38	38	38
70.50	41	40	40	40	39	39	39	39	38	38
70.75	41	41	40	40	40	39	39	39	39	38
71.00	41	41	41	40	40	40	39	39	39	39
71.25	41	41	41	41	40	40	40	39	39	39
71.50	42	41	41	41	40	40	40	40	39	39
71.75	42	42	41	41	41	40	40	40	40	39
72.00	42	42	42	41	41	41	40	40	40	40
72.25	42	42	42	41	41	41	41	40	40	40
72.50	43	42	42	42	41	41	41	41	40	40
72.75	43	43	42	42	42	41	41	41	41	40
73.00	43	43	43	42	42	42	41	41	41	40
73.25	43	43	43	42	42	42	42	41	41	41
73.50	44	43	43	43	42	42	42	42	41	41
73.75	44	44	43	43	43	42	42	42	41	41
74.00	44	44	43	43	43	43	42	42	42	41
74.25	44	44	44	43	43	43	43	42	42	42
74.50	45	44	44	44	43	43	43	42	42	42

CIRCUM VALUE	HEIGHT (INCHES)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
74.75	45	44	44	44	44	43	43	43	42	42
75.00	45	45	44	44	44	44	43	43	43	42
75.25	45	45	45	44	44	44	43	43	43	43
75.50	45	45	45	45	44	44	44	43	43	43
75.75	46	45	45	45	45	44	44	44	43	43